

Ramadan Iftar Meal

An Iftar meal is the meal that breaks the fast at the end of each day in Ramadan. It is a time for families to gather for prayer and food. Traditionally, the daily fast is broken after sunset by eating three dates and drinking water. Then, families pray together followed by the main meal. The Iftar meal varies by location, but some commonalities include meat, fruit, juice, and rice.

You are planning an Iftar meal. Based on what you know of the food groups, what foods would you have on the menu? Draw and write in the food on the plate in the appropriate food group categories.

