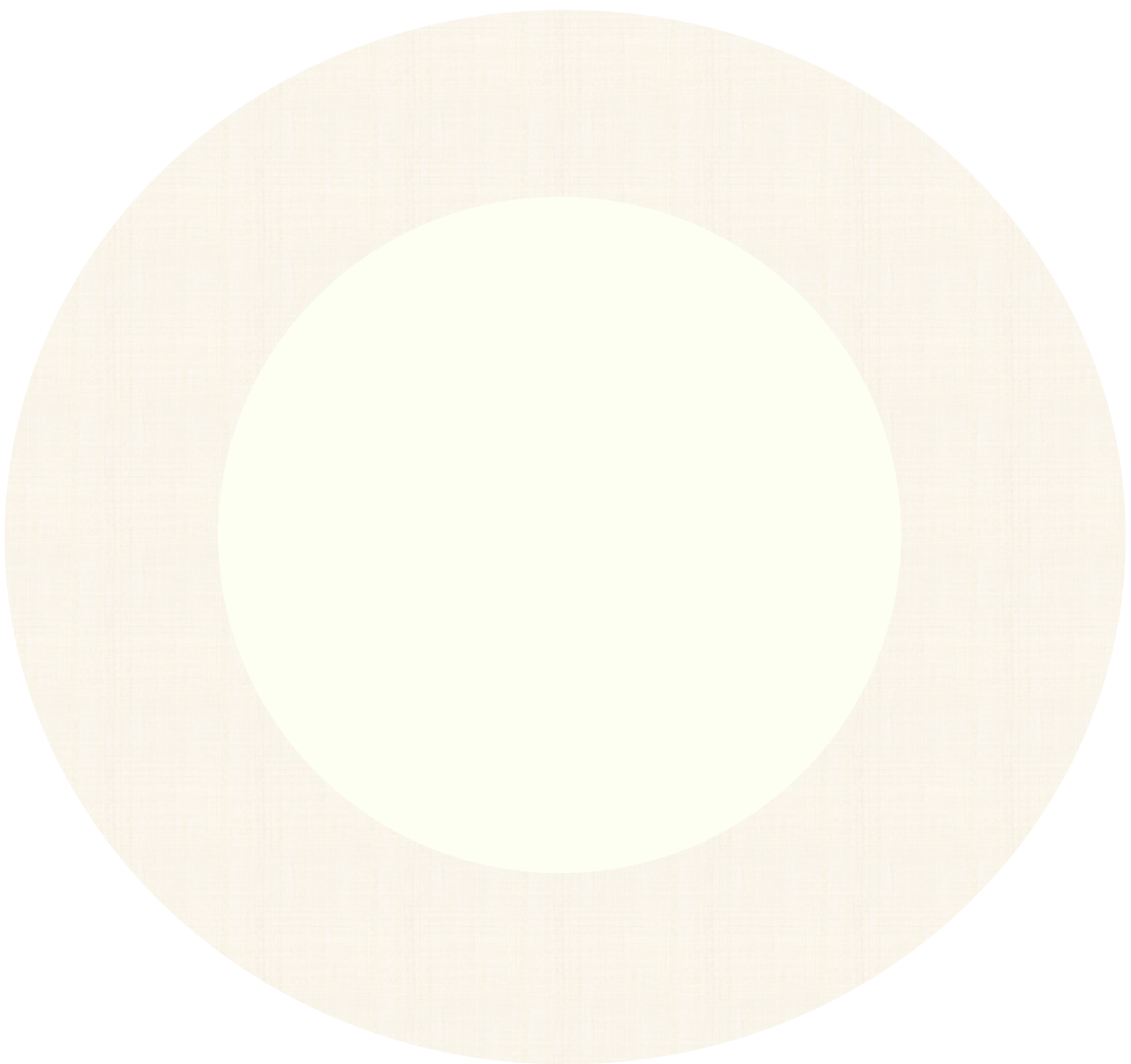


## Ramadan

**Task:** Plan your Iftar Plate! Muslims usually break their fast by first eating dates and drinking water because this was the practice of the Holy Prophet Muhammad (peace and blessings of Allah be upon him). This is followed by eating their favourite foods. Design your Iftar plate in the circle below. Think about portion size to avoid wastage and including high-energy foods!



How did you find today's task? (✓)

I feel confident. 😊

I still need some support. 😐

I don't feel sure. 😞