

# It's Ramadan!

## Daily Activities for Ramadan

### Ramadan 5

## The Importance of Suhoor & Good Choices for Suhoor



### Today's Quote:

Anas (radiallahu anhu) reported that Allah's Messenger (salla Allahu alayhi wa sallam) said, "Take meal a little before dawn, for there is a blessing in taking meal at that time." (Muslim #2412)

### Goal:

To understand that the suhoor meal is a blessing from Allah;  
To learn about good suhoor choices

### Overview of Today's Activities:

- Activity 1: Introduction to Suhoor
- Activity 2: The Importance of Suhoor
- Activity 3: Learning about Healthy Suhoor Choices
- Activity 4: Make a Healthy Suhoor Collage
- Activity 5: Daily Journal
- Activity 6: Suhoor: Draw, Write, Trace
- Activity 7: Daily Quraan Reading

## Activity 1: Introduction to Suhoor

Read Today's Quote

Discuss that this meal is called suhoor.

## Activity 2: The Importance of Suhoor

There are many blessings and benefits in taking suhoor.

Read about some of them in "[The Excellence of Taking Suhoor](http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/Exellence_of_Suhoor_Ram5.pdf)" by TJ

[http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/Exellence\\_of\\_Suhoor\\_Ram5.pdf](http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/Exellence_of_Suhoor_Ram5.pdf)

What's Next?

As we can see, Suhoor is very important in helping us get through our day because the foods we eat give our bodies the necessary nutrients to get through our day.

But some suhoor choices are better than others for helping us get through our day.

Today and tomorrow, insha Allah, we will learn what types of foods are better to eat for suhoor to keep us going.

We will then use this information that we learn to plan healthy/more beneficial suhoor meals for the fasters in our family, insha Allah.

## Activity 3: Learning about Healthy Suhoor Choices

(excerpted from: "Diet during Ramadan," Mohammad Zafar A. Nomani, PhD, RD, Professor of Nutrition, West Virginia University, Morgantown, WV. )

### **PRE-DAWN MEAL (SAHUR):**

Consume a light sahur. Eat whole wheat or oat cereal or whole wheat bread, 1-2 serving with a cup of milk. Add 2-3 teaspoons of olive oil or any other monounsaturated or polyunsaturated fats in a salad or the cereal. Eat 1-2 servings of fruits, as a last item.

EAT

\* Complex carbohydrates during the meal before Dawn (sehri. or suhur) so that the food lasts longer making you less hungry.

\* Haleem is an excellent source of protein and is a slow-burning food.

\* Dates are excellent source of sugar, fibre, carbohydrates, potassium and magnesium.

\* Almonds are rich in protein and fibre with less fat.

\* Bananas are a good source of potassium, magnesium and carbohydrates.

\* Avoid over-eating especially during the meal before Dawn (sehri. or suhur)

\* Avoid too much tea during the meal before Dawn (sehri. or suhur). Tea makes you pass more urine taking with it valuable mineral salts that your body would need during the day.

In view of the long hours of fasting, we should consume slow digesting foods including fibre containing-foods rather than fast-digesting foods. Slow digesting foods last up to 8 hours, while fast-digesting foods

last for only 3 to 4 hours.

\* Slow-digesting foods are foods that contain grains and seeds like barley, wheat, oats, millet, semolina, beans, lentils, whole meal flour, unpolished rice, etc. (called complex carbohydrates).

\* Fast-burning foods are foods that contain sugar, white flour, etc. (called refined carbohydrates).

\* Fiber-containing foods are bran-containing foods, whole wheat, grains and seeds, vegetables like green beans, peas, sem (papry), marrow, mealies, spinach, and other herbs like methie, the leaves of beetroot (iron-rich), fruit with skin, dried fruit especially dried apricots, figs and prunes, almonds, etc.

The foods eaten should be well-balanced, containing foods from each food group, i.e. fruits, vegetables, meat/chicken/fish, bread/cereals and dairy products. Fried foods are unhealthy and should be limited. They cause indigestion, heart-burn, and weight problems.

AVOID

\* Fried and fatty foods.

\* Foods containing too much sugar.

### Activity 4: Make a Healthy Suhoor Collage

Based upon what you learned, make a collage of healthy suhoor foods.

You can draw the pictures yourself or cut them out from the paper or a magazine.

You can even look on the internet (with parent's permission).

You could alternatively make a collage that shows good choices vs. "not so good" choices.

### Activity 5: Daily Journal

Complete Today's Daily Journal Page

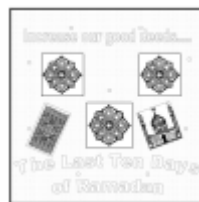
[Daily Journal: Ramadan 5](#)

[http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/DailyJournal\\_Ramadan05.pdf](http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/DailyJournal_Ramadan05.pdf)

### Activity 6: Suhoor: Draw, Write, Trace

[Suhoor: Draw, Write, Trace](#)

<http://tjramadan.talibiddeenjr.amanahwebs.com/tjramadandownloads/SuhoorDrawTrace.pdf>



### Activity 7: Quraan Reading

Read from Juz 5: An Nisaa 24 - An Nisaa 147