



Middle East Feast Homeschool Lesson Plan

Raddish Lesson Plan Road Map

We design these lessons to be adaptable and flexible to your students and your life. You can do A Little Taste in ~45 minutes, or you can use the extension activities and make the projects and activities listed last over several lessons or even weeks. The lessons are meant to be interdisciplinary, covering many subject areas at once. Students of all ages can use these materials, with learners who are pre-writers able to draw or verbally share responses.

If desired, you could extend these lessons into a project-based learning unit of study, where students tackle a real world problem and create solutions. The learning happens in the process of getting to the presentation of the solution, and students often find it more meaningful when they are investigating a topic of their choice.

For a deeper look at the topic, A Big Bite offers extension ideas for learners who are able to read, write, and think on a higher level.

We always love to see your finished projects! You can share them in our Facebook group, [The Raddish Table](#), or email us hello@raddishkids.com.

Driving Questions: What is Ramadan? Who observes this holiday, and how?

A Little Taste

Resource List

Background Information (also linked within lesson)

- *Ramadan*, picture book by Hannah Eliot, <https://bookshop.org/books/ramadan-9781534406353/9781534406353>
- Ramadan by Hannah Eliot | Kids Book Read Aloud, video read-aloud from Teach Like Benni, <https://www.youtube.com/watch?v=t2aW7zIA5Zo>
- *Rashad's Ramadan and Eid al-Fitr*, picture book by Lisa Bullard, <https://bookshop.org/books/rashad-s-ramadan-and-eid-al-fitr/9780761385837>
- Rashad's Ramadan (Read Aloud with Mr. Means), video read-aloud from Mr. Means Music, <https://www.youtube.com/watch?v=ayHGTgZOZIQ>
- Kids Explain Ramadan, video from Islamic Relief Canada, https://www.youtube.com/watch?v=UoB0avMa_nU
- Ramadan Greetings in 16 Different Languages, infographic from Al Jazeera, <https://www.aljazeera.com/news/2022/4/1/infographic-ramadan-greetings-in-16-different-languages-interactive>
- 38 Ramadan Recipes for your Eid Feast, article from Saveur, <https://www.saveur.com/ramadan-eid-recipes/>
- 10 Eid al-Fitr Foods from Around the World, blog post from The Kitchn, <https://www.thekitchn.com/the-food-of-eid-the-ultimate-feast-day-232243>
- “When does Ramadan 2022 start? How the moon sighting works and Saudi Arabia date prediction explained”, article from inews, <https://inews.co.uk/news/world/ramadan-2022-when-start-date-moon-sighting-saudi-arabia-explained-1543658>
- “A Ramadan etiquette guide for non-Muslims”, article from CNN, <https://www.cnn.com/travel/article/ramadan-non-muslims-guide/index.html>
- Phases of the Moon: Astronomy and Space for Kids - FreeSchool, video from Free School, <https://www.youtube.com/watch?v=f4ZHdzl6ZWg>

Optional Extensions

- *Night of the Moon*, picture book by Hena Khan, <https://bookshop.org/books/night-of-the-moon-a-muslim-holiday-story/9781452168968>
- Night of the Moon by Hena Khan Ramadan Interactive Read Aloud for Kids, video from Curiosity Club with Mrs Ghazali, <https://www.youtube.com/watch?v=QhePszlzbQ>

- “How To: Watercolor Resist Mosque Painting”, tutorial from Islamimommy, <https://islamimommy.com/2021/04/17/how-to-watercolor-resist-mosque-painting/>
- *Lailah’s Lunchbox*, picture book by Reem Faruqi, <https://bookshop.org/books/lailah-s-lunchbox-a-ramadan-story/9780884484318>
- Lailah’s Lunchbox read-aloud, video from Literally Cultured, https://youtu.be/rjZ_EpecEKk
- “How To: Islamic Star Origami Frame”, tutorial from Islamimommy, <https://islamimommy.com/2021/04/26/how-to-islamic-star-origami-frame/>

Conceptual Knowledge - What Do You Want Them to Know?

1. Islam is a religion followed by millions of people around the world, and is one of the leading religions in the Middle East.
2. Ramadan is a holy month for Muslims that falls during the 9th month of the lunar calendar.

Key Vocabulary

- **Islam** – name of the religion of Muslims, and the world’s second largest religion; Muslims follow the teachings in the Koran, their holy book
- **Ramadan** – ninth month on the Islamic calendar, where people often fast during daylight hours
- **Iftar** – meal served at the end of the day during Ramadan to break the fast
- **halal** – an Arabic word meaning permissible; for food, it means food that is allowed according to the rules of the Koran
- **Eid al-Fitr** – celebration after Ramadan ends, also called the Sweet Festival
- **Eid Mubarak** – a phrase used to wish someone a happy or blessed Eid festival

Cross-Curricular Links

- Social Studies, Science, Language Arts

Project Idea/Scenario

Students will complete projects that share an important facet of Ramadan or Eid al-Fitr celebrations for those unfamiliar with the holiday.

Plan the Process: What Will the Students Do?

Learn about the month of Ramadan, with a focus on all the activities and celebrations that happen around eating and feasting.

Warm-up Activity - Activating Background Knowledge

- Look at a calendar, either on a computer or a physical one. Consider how our time is structured; how long are days? Months? How long is a year?
 - Ask students to explain why a day is 24 hours and a year is 365 days. (If they get stuck, tell them to look up into the sky for a hint!)

- The calendar most people use in the Western world is the Gregorian calendar, and is based around the earth's movements in relation to the sun.
- Ask students to think about the lunar cycle and lunar calendar – can they name any people in the world or that they know who use it?
 - Many Asians celebrate lunar new year, with the date shifting each year slightly due to the moon cycles. Ramadan is a Muslim religious holiday that also shifts its start and end date each year based on the moon, and we'll learn more about it today.

Sequence/Procedure

1. [Read](#) or [listen to the book](#) *Ramadan*. Review vocabulary from lesson plan. Have students summarize back what Ramadan is in a few sentences.
 - a. Who celebrates Ramadan? What are the main events of the month?
 - b. What are some things that Muslims focus on during the month? How are the main concerns of Ramadan similar to and different from other religious holidays (think about Christmas, Rosh Hashanah, or other religious holidays you may know)
2. [Watch video of kids explaining Ramadan](#).
 - a. Does everyone celebrate Ramadan the same way?
 - b. What is fasting? What is halal food? (see vocabulary words from lesson plan)
 - i. Can you think of other religions or groups who follow certain rules around what they eat and when?
 - ii. What is the purpose of fasting for Muslims during Ramadan?
3. [Read through](#) or [listen to the book](#) *Rashad's Ramadan and Eid al-Fitr*. Review the vocabulary in the lesson plan, and discuss:
 - a. How is Muhammad significant to Muslims and Ramadan?
 - b. What happens during Eid al-Fitr? How is it similar and different from other holidays that you are familiar with?
 - c. [Look at common Ramadan greetings used around the world](#), and practice saying them.
4. [Learn about how the start of Ramadan is set](#).
 - a. How is the beginning of Ramadan determined? What city is most important in determining the date?
 - b. Have students complete the handout on the moon and Ramadan, found on page 9 of the lesson plan.
5. Select a project and complete. Share your finished project while enjoying any of the completed recipes from Middle East Feast!

Possible Creations

1. Create a moon flip book, showing how the moon changes from the start of Ramadan to the end of the month. Use [this moon phase astronomy video](#) for help in thinking through how many pages to include to show the transition of each phase to the next.

2. Muslims do not expect non-Muslims to not eat in front of them while they are fasting, but they do welcome others to join them when they are breaking their fast daily, or especially for Eid al-Fitr! Design your own menu if you were celebrating the conclusion of the month. [Review some dishes that are served at Eid celebrations](#) in the Middle East and [around the world](#), remember that many Muslims eat halal, and then write up and illustrate a menu for an Eid gathering.
3. Create a Ramadan etiquette guide for non-Muslims. Look at [this etiquette article that was created for adults](#), and then consider how to create a guide for kids who might not be familiar with the practices of Muslims during Ramadan.

Extensions

1. [Read](#) or [listen to the book](#) *Night of the Moon*, and pay attention to the colors and style of the art throughout the book. Next, [learn about resist watercolor painting from the tutorial from Islamimommy](#); you can paint a mosque using the guide, or do a Ramadan moon painting instead using the resist techniques.
2. [Read](#) or [listen to the story](#) *Lailah's Lunchbox*. Have you had something that you weren't sure how to share with someone? Write a letter to the teacher Mrs. Penworth as if you were in Lailah's class and wanted to help her; how would you explain what Lailah was experiencing and what Ramadan was to your teacher?
3. The Islamic star and the crescent moon are found in architecture and design in the Middle East. Learn about the repeating shapes and design, and use [the tutorial from Islamimommy](#) to create your own Islamic star picture frame.

Driving Questions: What are some of the unique sites of the Middle East? How has the geography of the region affected what you will see there?

A Big Bite

Resources

- Middle East Geography, post from Ducksters, <https://www.ducksters.com/geography/middleeast.php>
- Amazing World Atlas, reference book from Lonely Planet Kids, shorturl.at/evyP0
- “Middle East”, encyclopedia entry from Britannica Kids, <https://kids.britannica.com/kids/article/Middle-East/346176>
- “The Best Vacations for Kids in the Middle East”, article from Top Flight Family, <https://topflightfamily.com/the-best-vacations-for-kids-in-the-middle-east-africa/>
- “10 Must-See Archaeological Sites in the Middle East”, article from Condé Nast Traveler, <https://www.cntravellerme.com/bucket-lists/20943-10-must-see-archaeological-sites-in-the-middle-east>
- From Mosques to Palaces, Seeing the Sights in the Middle East, video from Great Big Story, https://www.youtube.com/watch?v=Cm7oRgRw2_Q
- Top 10 Middle Eastern Destinations, video from tapexplore, <https://www.youtube.com/watch?v=hJkPyHYn-c8>
- Visiting the Middle East: Customs and Culture, guide from Pilot Guides, <https://www.pilotguides.com/articles/visiting-the-middle-east-customs-and-culture/>
- “10 Etiquette Tips You Should Know When Traveling to the Middle East”, article from The Travel, <https://www.thetravel.com/etiquette-tips-traveling-middle-east/>
- “West Asia and the Middle East”, blog post from All Around this World, <https://www.allaroundthisworld.com/learn/west-asia-and-the-middle-east-2/#.YkYXh27MJH0>
- “7 Animals Found Only in the Middle East”, article from Baraka Bits, <http://www.barakabits.com/2014/09/7-animals-found-middle-east>
- Floras of the Middle East, guide from Plants of the Middle East, <https://www.plantsofthemiddleeast.com/directory/index.htm>

Project Idea/Scenario

Students will learn about the geography and features of the Middle East, and create a project that highlights a unique feature of traveling to the region.

Sequence/Procedure

1. [Locate the Middle East region on a map.](#) (Keep in mind that the Middle East is a region that is not defined by a governing body, so there are differing ideas about which countries are considered part of the Middle East. The references throughout this lesson may use slightly

different country lists.)

- a. What geographical features do you notice about the area? What do you already know about the area?
 - b. What ancient civilizations do you know about that began in the Middle East?
 - c. Why do you think this area is often called the cradle of civilization? What features of the land helped those who lived there?
 - i. Look through [the information in the Britannica Kids article about the Middle East](#), and consider Mesopotamia's location in the Fertile Crescent.
 - ii. How do you think the location of the Middle East in relation to the rest of the world aided in civilization development?
2. Millions travel to the Middle East each year to see different wonders of the area, from religious sites to architectural wonders to natural formations. Today we'll be examining the draw of the Middle East region to tourists seeking all different sorts of trips. [Look through the book the Amazing World Atlas](#) to find specific features of the region. Browse [the travel locations featured in Condé Nast](#) and [the guide for families traveling in the Middle East](#).
- a. What features are called out? Are they natural features, or man-made?
 - b. How does religion factor into the region and its attractions? Consider how many churches, mosques, and temples are featured, or the original purpose of historical ruins and buildings in the area.
 - c. Browse the music of some countries in the Middle East [here](#); how does the music convey a sense of time and place?
3. Watch [the video about some different archaeological sites](#) in the region, and about [different cities to include on a trip to the Middle East](#). As you are watching, take notes on which areas and sites catch your attention, where you would like to learn more.
- a. Which sites are most interesting to you? Have you been anywhere in the world that reminds you of the Middle East?
 - b. What is most surprising about the tourist attractions of the area?
 - c. Are there repeating colors or themes that you notice across the different sites? What are some unifying features of the region?
4. Complete the Middle East Mapping handout, found on page 10 of the lesson plan. Use online maps like Google Maps or similar to look up the sites and to place them appropriately on the handout.
5. Select a project from the list below to complete to showcase some of what you have learned about the Middle East that would be helpful for someone choosing to visit the area for the first time. Share your completed project while enjoying any of the recipes from Middle East Feast!

Possible Creations

1. Create a travel brochure for an archaeological site in the region. A three-paneled brochure advertising a tourist attraction can often be found in hotels or airports; how would you design

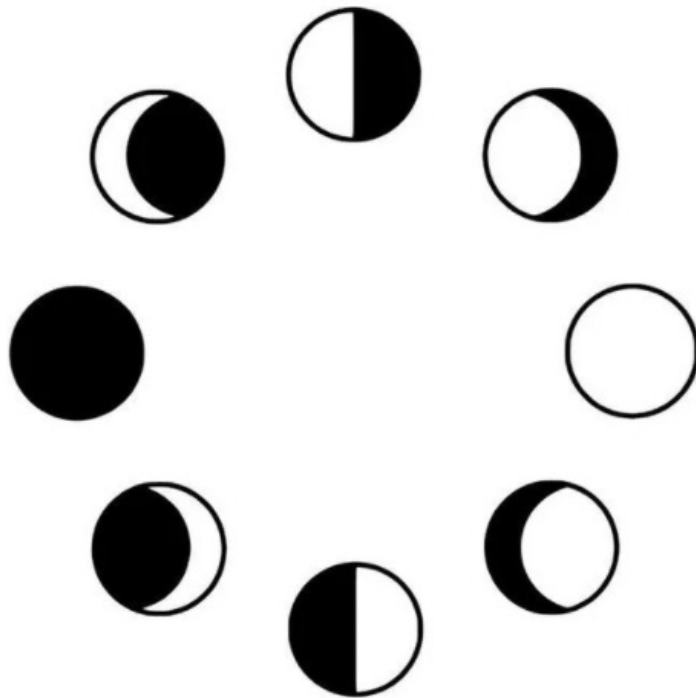
one to attract people to visit your selected destination? Include facts, images, and helpful tips for visitors.

2. There are many different climates in the region, and with that some different plant and animal life. Check out some unique [animals](#) and [plants](#) that you can find in the Middle East, and then create your own guide of what to spot while visiting.
3. Although there are a number of different cultures and religions found in the Middle East, there are some general rules and guidelines to follow when traveling there to make life easier for travelers and to show respect to the locals. Look at [two different](#) etiquette guides for travel in the region, and then create your own guide for traveling in the Middle East – include graphics and easy-to-follow tips so that a traveler who just arrived in the region could read and understand quickly.

Phases of the Moon

Label the moon phases below using the word bank.

Word Bank: waxing gibbous, waxing crescent, waning gibbous, waning crescent, new moon, full moon, first quarter, third quarter



What phase of the moon marks the beginning of Ramadan? Label it in green.

What phase marks the end? Label it in red.

Middle East Mapping

Use the map below to highlight some features of the Middle East.



1. If you had two weeks in the region, where would you go? Draw your route with a dashed line.
2. Draw red triangles to represent where some different archaeological sites are found.
3. Draw black crescent moons to mark different areas with significant religious sites.
4. Label the map with a blue circle to mark where the Dead Sea can be found.