

# Ramadan Food Basket



## GRADES K-3

### (Ramadan Food Basket)

Number of lessons per week - 1

#### Lesson Overview

Objectives	To engage students in a fun and interactive activity that promotes gratitude for food and encourages empathy and sharing during Ramadan.
Learning Outcomes	Students will be able to: <ul style="list-style-type: none"><li>• Recognize and appreciate the diversity of foods enjoyed during Ramadan and in different cultures.</li><li>• Express gratitude for the food they have, particularly during Ramadan, by reflecting on various foods mentioned in the Quran and from different cultures.</li><li>• Understand the significance of food to others and the importance of sharing during Ramadan.</li></ul>
Number of lessons	1
Reading Recommendation	<a href="#">Under the Ramadan Moon</a> by Sylvia Whitman <a href="#">Lailah's Lunchbox: A Ramadan Story</a> by Reem Faruqi <a href="#">365 Hadith with Stories</a> by Ali KaraCam <a href="#">My First Quran Storybook</a> by Saniyasnain Khan <a href="#">Ramadan</a> by Hannah Eliot
Values and Skills	Gratitude, Empathy, Cultural awareness, Creativity, Community building
TLM	Pictures or drawings of various foods mentioned in the Quran and from different cultures Large basket or container Paper and markers/crayons Optional: Qur'an verses and Hadith collections suitable for children and storybooks about Ramadan and food.

---

---

## **Lesson Plan:**

### **1. Introduction (5 minutes):**

- Gather the students in a circle and introduce the activity by explaining that they will be creating a "Ramadan Food Basket" filled with foods mentioned in the Quran and from different cultures.
- Discuss the importance of gratitude for food and the value of sharing with others, especially during Ramadan.

### **2. Exploration of Foods (10 minutes):**

- Show the students pictures or drawings of various foods mentioned in the Quran, such as dates, olives, figs, grapes, and pomegranates. Explain their significance in Islam and their health benefits.
- Display images of traditional Palestinian dishes and foods from other cultures. Discuss their cultural importance and how they are prepared and shared during Ramadan and other special occasions.

### **3. Drawing and Decorating (15 minutes):**

- Provide each student with a piece of paper and markers/crayons.
- Instruct the students to draw and decorate their favourite foods from the images shown, as well as foods from their own cultures, on the paper.
- Encourage creativity and imagination as they decorate their drawings.

### **4. Building the Food Basket (10 minutes):**

- After the drawings are completed, have the students gather around a large basket or container placed in the centre of the room.
- Invite each student to share one of their drawings and explain why they chose that food.
- As each student shares, place their drawing in the food basket, symbolizing the collective gratitude (encourage them to say alhamdulillah as each item is placed) and the diversity of foods enjoyed during Ramadan and in different cultures.

---

---

### 5. Reflection and Conclusion (5 minutes):

- Conclude the activity by gathering the students in a circle again.
- Lead a brief discussion about what they learned and experienced during the activity.
- Ask questions such as:
  - What foods did you draw for the Ramadan Food Basket?
  - Why is it important to be grateful for the food we have?
  - In what ways can we show gratefulness for the food we have?
  - How can we share food with others during Ramadan and throughout the year?
- Encourage students to continue practising gratitude and sharing with others, both during Ramadan and in their daily lives.

### Additional Notes:

- Adjust the complexity of the activity based on the age and developmental level of the students.
- Provide assistance and guidance as needed during the drawing and decorating process.
- Incorporate storytelling or brief Quranic verses about gratitude for food during the introduction or reflection stages to reinforce the lesson's message.