

Cons & Pros of Spiritual Ramadan Fasting

Each year, millions of Muslims practise daily fasting, and refrain from eating or drinking from sunrise (Suhour) to sunset (Iftar). With that in mind, let us explore the good as well as not-so-good facts about fasting.

Ramadan fasting is obligatory for the healthy adult. The intention of fasting for Muslims during Ramadan is to learn self-control from everyday pleasures, and to strengthen spiritual bond with the Almighty (God), to purify the body as well as soul.

Starting with the Pros of fasting, there are Psychological Benefits: when fasting, Muslims are also obligated to abstain from falsehood in speech and action, from any ignorant and indecent behaviour, fighting, As a result, fasting strengthens control of impulses and helps develop good behaviour.

And Physical Benefits: It is scientifically proven that intermittent fasting can be beneficial for health and mind. When a person stays away from constant eating and drinking fluids, this leads to weight loss and reduction of cholesterol in the blood. Moreover, the body gets a chance to detoxify the digestive system.

Let's introduce some Cons of fasting, after a period of fasting, research shows people tend to demand more foods, with higher calorie content. This can reverse the intended effects of a weight management plan. Some short-term side effects may occur such as headaches, dizziness, light-headedness, fatigue, low blood pressure and abnormal heart rhythms.

Written by Bateel (<https://bateel.com/blog/bateel-gourmet/>)

Reading comprehension:

Task one: circle the right answer.(3pts)

Bibliographical notes

	Type of documents	Type of text
1-Author	1- press article	1- descriptive
2-Source	2-blog article	2- narrative
3-Number of paragraphs	3- web article	3-argumentative

Task two: I read the text and answer the following questions

- Who or what do the words in bold refer to?(1pt)
- The text is about :(1pt)

a.Ramadhan over the world. b.The pros and the cons of fasting. c.Ramadhan strengthen the spiritual bond with God

Task three: Match the word from the text(1,2,3 ...)with its definition(a,b,c...)(2pts)

- | | |
|---------------|--|
| 1. Fasting | a-make something stronger or more effective, or to become stronger |
| 2. Almighty | b-remove a harmful or toxic chemical from another substance. |
| 3. Strengthen | c-abstinence from food or drink or both for health, ritualistic, religious purposes. |
| 4. Detoxify | d-having the power to do everything: |

Mastery of language:

Task one: Supply the right punctuation and capitalisation where necessary.(2pts)

If i want to be a good citizen I should do things right

Task two: Write the correct of the verbs in brackets.(3pts)

- (not to stop) doing good things during your life if you (to be) really a Muslim.
- People are not keen on (to give) pieces of advice to hopeless persons.
- If everyone (to know) his rights and duties, everything (to be) all right.

Task three: classify the words below according to their final sound's' .(2pts)

Benefits - Muslims - headaches - losses

/s/	/z/	/iz/

Dialogue:(6pts)

- Teacher: why do Muslims fast? You :.....
- Teacher: what are the pros of fasting? You:
- Teacher: what about the cons? You:
- Teacher: Are you a proponent or an opponent of fasting?You:.....
- Teacher: Why? You: