

Celebrate Eid al-Fitr by cooking and sharing

Type of activity: Cooking and sharing

Who is it for? All the family

What do I need?

- Your favourite cookie or biscuit recipe and ingredients for it
- Help from a grown-up to use sharp utensils and hot ovens in the kitchen
- Time, compassion and thoughtfulness for those in your community



Links to the Sustainable Development Goals (SDGs): This activity links to SDG 16: Peace, Justice and Strong Institutions (find out more here <https://www.un.org/sustainabledevelopment/peace-justice/>)

Introduction

On 23 May, some 1.6 billion Muslims around the world will start to celebrate the end of the holy month of Ramadan (find out more about Ramadan here:

<https://www.bbc.co.uk/bitesize/topics/zpdtbkb/articles/zjc2bdm>), a period of fasting, with the festival of Eid al-Fitr. Eid al-Fitr means 'festival of breaking the fast' and usually lasts up to three days. In many Muslim cultures, it's tradition to make Eid cookies or biscuits and share them with family and friends. This symbolises kindness, compassion and the importance of giving to others.

So why not bake your favourite biscuit recipe and share your own Eid biscuits with your neighbours - while carefully socially distancing yourself.

Here's how to...



1. Follow the recipe of your favourite biscuit recipe.
2. Once your biscuits have cooled and you've decorated them, make them into pretty packages - you could put them into containers and wrap them in wrapping paper, make and decorate your own boxes for them, or come up with your own way of presenting them.
3. Then write a tag to attach to your parcel of biscuits that lets your neighbour know that you've made them to help celebrate and understand Eid and that you want to share your biscuits with them! Research Ramadan and Eid and put a little bit of information about the fasting of Ramadan and celebration of Eid on your tags.
4. When you are ready, go and leave them with your neighbours - put them on their doorstep or their windowsill. Ask your parent to phone or contact your neighbour to let them know they have some home-made celebratory biscuits waiting for them!

What now?

Why not try to make some other Eid al-Fitr recipes? Take a look at the options on the BBC Food website https://www.bbc.co.uk/food/occasions/eid_el-fitr and get cooking!