

WHAT IS IFTAR?

Day 7

YOU WILL NEED:

- **Crayons** *or*
- **Coloured Pencils**

INSTRUCTIONS:

1. You are planning an Iftar meal. Based on what your child knows of the food groups, ask them what foods they would have in the meal?
2. Instruct them to draw and write the foods on the plate in the correct spot.
3. For extra fun, place real foods in their correct spot and then eat and enjoy!

