

# why We Fast?





**Yusuf looked at the food.  
“Why don’t we eat all day?”**



**Mama smiled. “We fast to remember Allah.”**



**“When we feel hungry,”  
Mama said, “we remember  
people who don’t have  
food.”**



**Yusuf thought. “So fasting makes our hearts kinder?”**

**“Yes,” Mama said. “Allah loves kind hearts.”**



**“What good feeling does  
fasting help you learn?”**