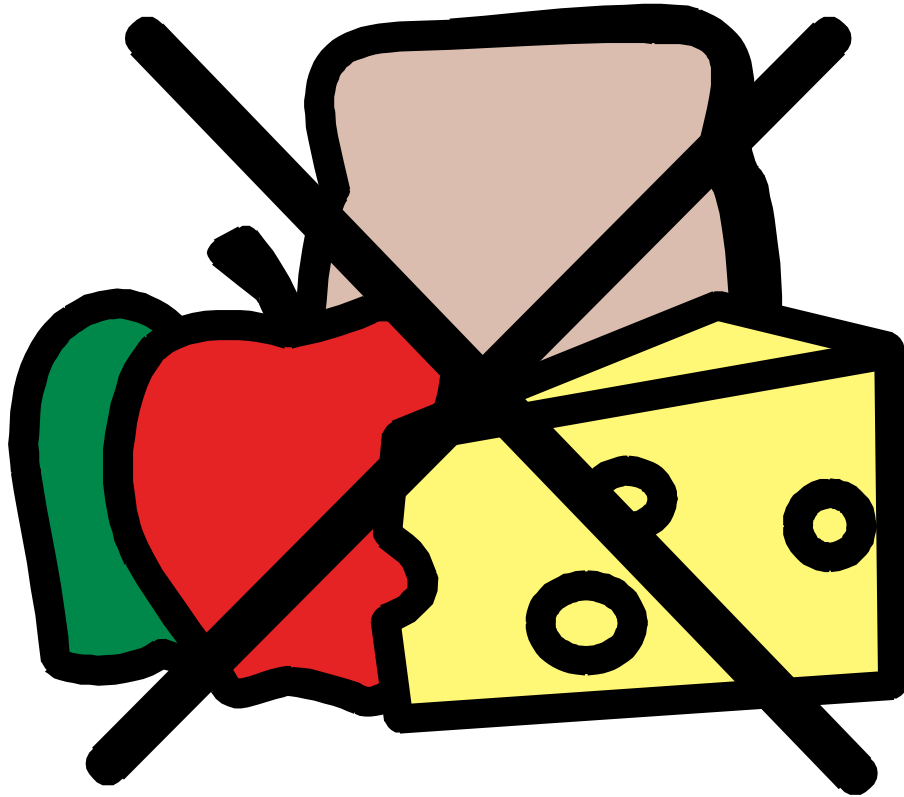
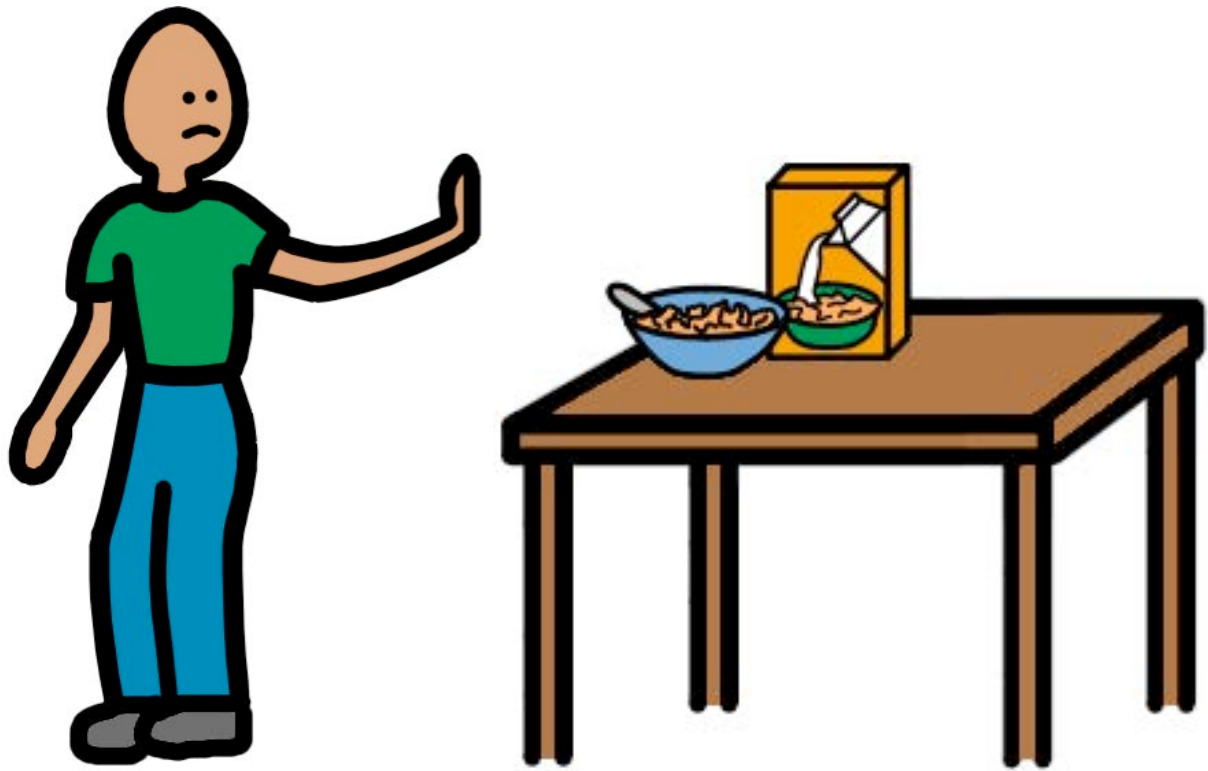


# My Parents May Fast on Yom Kippur



On Yom Kippur, many Jewish adults do not eat. When people do not eat, it is called fasting. Jewish adults fast to show that they are sorry for the things that they have done wrong.



My parents may fast on Yom Kippur. They may not eat breakfast before we go to temple. They may not eat lunch after we come home from temple.



When people fast, they may feel hungry and tired. When people are hungry and tired they sometimes want to lie down and rest.

My parents may feel hungry and tired. They might want to lie down and rest.