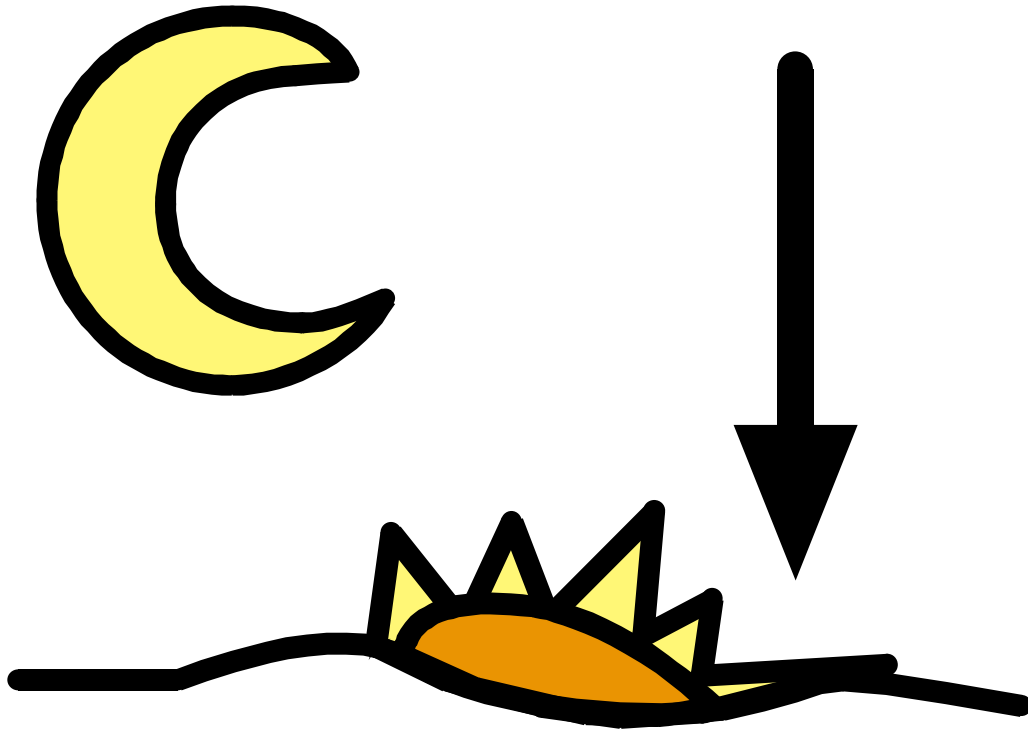
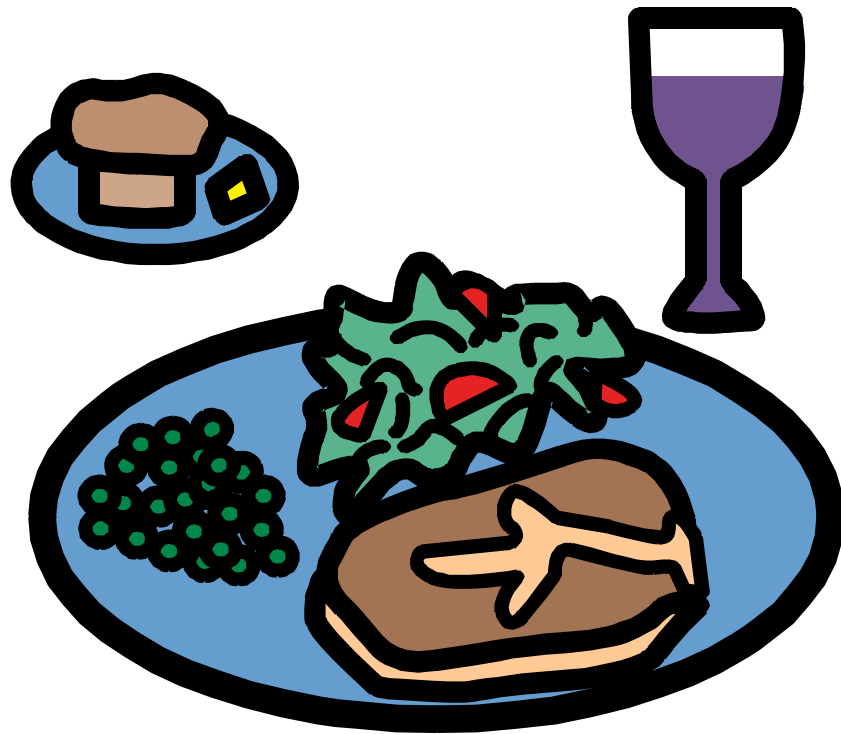


# What “Breaking the Fast” Means



Yom Kippur ends in the evening. After the sun goes down on Yom Kippur people can stop fasting.



Many people eat a special late dinner after the sun goes down on Yom Kippur. I might eat a late dinner with my parents.

When people eat after fasting, it is called “breaking the fast.”



When people talk about “breaking the fast,” they don't actually break anything real. "Breaking the fast" means eating when the fast is over.