Orthodox Fasting Printables
Activities for teaching young children about Orthodox fasting
FIND THE FASTING FOODS
Find and circle the foods we can eat when fasting.

Name
FASTING FOOD GAME

Preparation

- Print out the GAME BOARD page, one copy for each child. Laminate, if you wish.
- Print out the cards according to the number of children. Cut and laminate, if you wish. To make the cards look pretty on both sides, you can print them on the white side of scrapbook paper. You will need to print the Fasting Food Cards page in as many copies as there are children. You will need to print the Non-fasting Food Cards page in about half the previous number. So, if you want to play the game with 10 children, you must print 10 fasting food card pages and 5 non-fasting food card pages.

How to play

Each child takes one game board. The cards are mixed up and stacked face-down in the middle. Each child takes turns picking up a card. If the card shows a fasting food, then the child places it on its board. If it shows a non-fasting food, then the child places it on the bottom of the pile. The child to first fill up their board is the winner.
NON-FASTING FOODS
<table>
<thead>
<tr>
<th>XEROPHAGY</th>
<th>STRICT FAST</th>
<th>FAST + OIL + ALCOHOL</th>
<th>FISH-EATING</th>
<th>FISH + DAIRY + EGGS</th>
<th>EVERYTHING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Holy Friday</td>
<td>Wednesdays &amp; Fridays*</td>
<td>Wednesdays &amp; Fridays on feast days celebrating Theotokos, John the Baptist, or calling for Divine Liturgy</td>
<td>Nativity Fast (except last week &amp; Fridays)</td>
<td>Nativity Fast (except last week &amp; Fridays)</td>
<td>Twelvetide (except January 5)</td>
</tr>
<tr>
<td>Great Lent (except weekends)</td>
<td>Holy Saturday</td>
<td>Last week of Nativity Fast (except Wednesday &amp; Friday)</td>
<td>Annunciation</td>
<td>Palm Sunday</td>
<td>Week 1 of Triodion</td>
</tr>
<tr>
<td>Dormition Fast (except weekends)</td>
<td>Saturdays &amp; Sundays of Great Lent (except Holy Saturday)</td>
<td>Saturdays &amp; Sundays of Great Lent (except Holy Saturday)</td>
<td>Palm Sunday</td>
<td>Mid-Pentecost</td>
<td>Easter week</td>
</tr>
<tr>
<td>Daily fasts**</td>
<td></td>
<td>Apostles’ Fast (except Wednesdays &amp; Fridays)</td>
<td>Leavetaking of Pascha</td>
<td>Leavetaking of Pascha</td>
<td>Pentecost week</td>
</tr>
</tbody>
</table>

* Except on feast days devoted to Christ, Theotokos, John the Baptist, or calling for Divine Liturgy.
** Strict fast, unless it is a Saturday or Sunday, in which case fast including oil and alcohol:
- January 5, in preparation for Theophany
- June 28, in preparation for the feast of Ss. Peter & Paul
- September 14, Elevation of the Cross
- August 29, Beheading of St. John the Baptist
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