

Food and Community

Guide for Teachers

Introduction

To maintain a pure heart and a sound mind, to nourish an aspiring soul and a clean healthy body, special attention is needed to our diet.

Anything which is pure and good for us can be part of a diet accepted in Islam, as long as we consume moderately.

Food is addressed many times in the Qur'an and for many different reasons. We learn how food begins, what it signifies, what food are permitted and which are not and their importance in the hereafter.

Qur'an and Sunnah teach us the importance of ethical production, transportation, and consumption of food.

Through this we learn the principles of balance, justice and health are evident.

Food plays an important part in building relationship within our homes, and the local and wider community.

Instructions for Delivery

This presentation can be delivered in an assembly to pupils or through a workshop where there isn't a requirement for pupils to record work in books. The workshop can be as long as needed and split into different sessions until the presentation is completed.

Pupils/students can be involved through questioning at appropriate times and as directed on the presentation.

The presentation can also be delivered through a series of lessons, where pupils can work in groups for the questions. Pupils can also be asked if they are able to share their knowledge of the verses of the Qur'an before the verses on the PPT can be revealed. Provide large sheets of paper for pupils to record their thoughts and feedback to the rest of the group.