

Friday Class – Session Two

Trivia Question

(Pair up with a partner and answer)

How many foods do you know that are mentioned in the Quran? Make a list.



Sura Nahl

Verses 5-7

Please read and ponder.

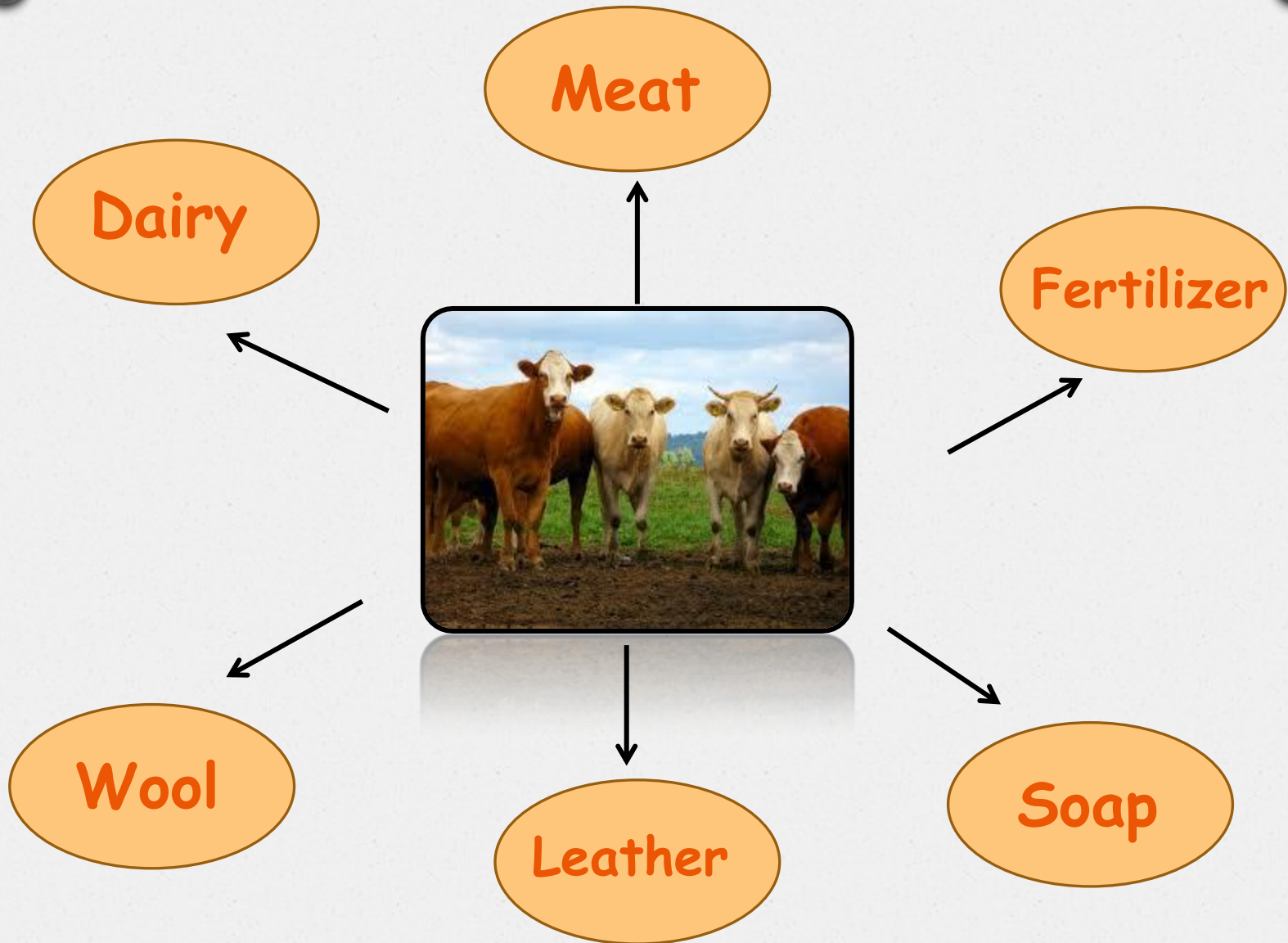


Beginning Activity

Benefits of Cattle

- Pair up with a partner and read the verses.
- List the benefits derived from cattle as described in the verses.
- Add other benefits you can think of.
- Which one is the most important one to YOU.

Benefits of Cattle



Islamic Teachings on Meat

- Gives strength
- Strengthens eyesight and hearing
- Should be eaten once every three days (preferably not more)
- Should be eaten at least once in 40 days



Eating too much meat

Whoever eats meat continuously for 40 days becomes hard hearted.

Holy Prophet (s)

Do not make your stomachs a graveyard for animals.

Imam Ali (a)



Hadith on Milk

Drink milk,
for it removes heat from the insides
the way a finger removes sweat
and strengthens the bones
increases intellect
strengthens eyesight
sharpens the minds
and removes forgetfulness.

Holy Prophet (s)



When a Muslim feels weak and frail, he should eat meat and milk. For the great God has placed strength and energy in it.

Imam as-Sadiq (a)

What Science says . . .

About meat:

- 1) One of the best sources of protein
- 2) Rich in iron, zinc and selenium.
- 3) Good source of vitamins A, B, and D. These promote good vision, stronger teeth and bones, mental health, and good skin.

About milk:

- 1) A source of vitamin A, important for healthy eyes and vision.
- 2) Source of protein. It can help build and repair bones and muscles and build antibodies that fight infection.
- 3) Contains calcium, phosphorus and vitamin D, nutrients that help form strong teeth and bones.
- 4) The B vitamins in milk, including B6, riboflavin, niacin and thiamine, give you energy and help form body tissue.
- 5) Milk also contains vitamin B12 and folate which help form red blood cells.