

# Friday Class – Session Four

## Trivia Question

(Pair up with a partner and answer)

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



# Sura Nahl

Verse 10-11

Please read and ponder.





# Beginning Activity

## Signs of Allah in Fruits

How are fruits a sign of the  
Greatness and Wisdom of  
Allah?

## Same Water – different fruits

Consider the different varieties of fruits and vegetables available.

They are all watered with the same water.

What causes this variety of in the appearance, colors, taste, smell of all these fruits?



And in the earth there are  
pieces of land, side by side  
and gardens of grapes and corn  
and palm trees having one root  
and (others) having distinct roots--  
they are watered with one water  
and We make some of them  
excel others in fruit  
most surely there are signs in this  
for a people who understand.

**Sura Ra'd, 13:4**





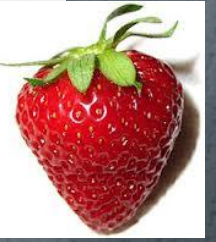
## An Example

The strawberry has its own particular form and taste. The patterns on it seem as if they are carefully designed. With its refreshing red form crowned with green leaves, it is one of the works of the matchless art of Allah.

The sweetness in its fragrance and taste, and its being seedless and skinless, make it easy to eat thus reminding one the fruits of Paradise.

That a fruit, which almost entirely grows in the soil, has such a beautiful and striking colour, is a very strong sign to us of Allah.

From: <http://www.islamcan.com/signsofallah/signs-of-allah-in-fruits.shtml>



## Parts of the Fruit

Each fruit has a wrapping or **peel**. The peel protects it from getting ruined quickly. It also preserves its fragrance.

Some fruits like the tangerine and orange, for example, have **segments**. If they were a single piece, it would have been more difficult to eat such juicy fruits.

The **rind** may be bitter but has many uses, both for the fruit itself and for those who eat it.



# The Seasons

Different seasons have different fruits.

In winter fruits as tangerines, oranges and grapefruits are available. This is when people most need the vitamin C present in these fruits.

In summer fruits as cherries and thirst-quenching melons, watermelons and peaches are abundant.

It is healthy to eat the fruits that are in season.



# Nutritional Value of Fruits

Animals and human beings obtain energy through the fruits they eat.

Fresh fruits are the one of the most healthy foods. They are food and Medicine - produced by Nature.

Fruits contain a lot of vitamins and minerals necessary for good health.



# Hadith

The example of a believer, who recites the Qur'an and acts on it, is like an **orange** which tastes nice and smells nice.

And the example of the believer who does not recite the Qur'an but acts on it is like a **date** that tastes sweet but has no smell.

And the example of the hypocrite who recites the Quran is like a sweet **basil** which smells good but tastes bitter.

And the example of a hypocrite who does not recite the Qur'an is like a **colocynth (bitter apple)** which tastes bitter and has a bad smell.

Holy Prophet (s)



# Hadith on Fruits

Every seed of the pomegranate gives life to the heart, gives light to the soul, and keeps away the whisperings of Shaytan for 40 nights.

Imam Ali (a)

A grape is a condiment, a fruit, a [complete] food, and a sweet.

Imam Ali (a)

Eat dates for in it there is a cure from sickness.

Imam Husayn (a)