

ETIQUETTES OF EATING

Things that are discouraged
when eating



Q JURISPRUDENCE LESSON PLAN

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THEMATIC TEACHING LINKING THE CORE SUBJECTS AIMING TOWARDS A POSITIVE BEHAVIOURAL CHANGE	
CLASS & DATE	
SUBJECT	Dietary Laws – Things that are discouraged whilst eating and/or drinking
KEY QUESTION	Is it ok for us to do anything & everything in life?
PREPARATION <small>(RESOURCES YOU WILL NEED TO PREPARE THE LESSON)</small>	A Risalah PPT – Etiquettes of eating (things discouraged whilst eating & drinking)
KEY OBJECTIVE & OUTCOME	To be mindful whilst eating & drinking
INTRODUCTION <small>(INTRODUCE THE KEY OBJECTIVE TO THE STUDENTS. A MAXIMUM OF 3 KEY POINTS)</small>	<ul style="list-style-type: none"> - Ask the students 5 things that they should try to avoid. - Reasons of avoiding them. - Ways of avoiding them.
KEY VOCABULARY	
THE LESSON/MAIN ACTIVITY <small>(WRITE THE KEY POINTS AND HOW YOU WILL RELATE IT. WHETHER YOU WILL USE A DRAWING, PICTURES, VIDEO, OR A PLAY. MAKE IT SUPER INTERESTING. HELP THE STUDENTS UNDERSTAND HOW THE LESSON APPLIES TO LIFE)</small>	<ul style="list-style-type: none"> - Ask the key question. - Do the 5 things to avoid exercise. - Look at the PPT Etiquettes of eating- things discouraged whilst eating & drinking. - Discuss to see if they agree with the points in the PPT
PRACTICAL ACTIVITIES <small>(WORKSHEETS, CRAFTS, ARTWORK, RHYMES... OR ANY ACTIVITIES THAT WILL HELP UNDERSTAND THE SUBJECT. THESE MUST HELP.)</small>	<p>In pairs students to answer the questions from the PPT slide- 10 WORST things you can do for your body!</p> <p>In pairs students to look up Dietary Law 2654 & 2656 from the Risalah and discussing them.</p>
ASSESS <small>(REPEAT THE KEY THEME. HAVE A QUIZ OR A DISCUSSION ABOUT THE LESSON)</small>	Students to design a poster on healthy living.
CONCLUSION	End with dua to assist leaning "RABBI ZIDNEE ILMAN" and Sura Fateha for Machumeeo .

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ETIQUETTES OF EATING-DISCOURAGED ACTS



To eat until one is full



To eat when one is full

What is the difference between the above two statements?

ETIQUETTES OF EATING-DISCOURAGED ACTS

To look at the faces of other people whilst they are eating.



ETIQUETTES OF EATING-DISCOURAGED ACTS



To eat very hot food



To blow on your food/ drink



Etiquettes of Drinking

Things that are discouraged when drinking

THINGS THAT ARE DISCOURAGED WHEN DRINKING

It is discouraged to:

- Drink a lot of water.
- Drink water after eating fatty food.
- Drink water at night whilst standing.



10 WORST THINGS YOU CAN DO FOR YOUR BODY

1. Not getting enough sleep.
2. Overtraining.
3. Drinking your calories
4. Snoozing.
5. Ignoring a treatable condition.
6. Being workaholic.
7. Texting too much.
8. Sitting too much.
9. Having too much screen time.
10. Staying on low-carb & low-fat diets.

