



FOODS IN THE QUR'AN

"O you who believe! Eat of the good things that We have provided you with and give thanks to Allah..." 2:172

LESSON PLAN

CROSS CURRICULAR LESSON PLAN

THEMATIC TEACHING LINKING THE CORE SUBJECTS AIMING TOWARDS A POSITIVE BEHAVIOURAL CHANGE



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| CLASS & DATE | |
| SUBJECT | Q Calendar – 04 Rabi ul Akher at a glance Foods in the Qur'an and sports. |
| KEY QUESTION | Did our Ma'sumeen recommend any sports? |
| PREPARATION (RESOURCES YOU WILL NEED TO PREPARE THE LESSON) | PPT 04 Rabi ul Akher at glance - foods in the Qur'an and sports. Samples of grapes, lentils, cucumber, pomegranate and olives. |
| KEY OBJECTIVE & OUTCOME | To inculcate the habits of the Ma'sumeen – healthy eating & sports. |
| INTRODUCTION (INTRODUCE THE KEY OBJECTIVE TO THE STUDENTS. A MAXIMUM OF 3 KEY POINTS) | <ol style="list-style-type: none"> 1. Ask the key question. 2. Ask the class names of ancient sports and new sports. 3. Ask the class is healthy food enough for a healthy body? |
| KEY VOCABULARY | |
| THE LESSON/MAIN ACTIVITY (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) | <ol style="list-style-type: none"> 1. Go through the PPT. 2. Look at the samples of the foods mentioned. 3. Discuss the taste, feel and smell of the food samples. 4. To understand that the recommended sports by Ma'sumeen helps us build our concentrate which we can apply to salaah. |
| PRACTICAL ACTIVITIES (WORKSHEETS, CRAFTS, ARTWORK, RHYMES... OR ANY ACTIVITIES THAT WILL HELP UNDERSTAND THE SUBJECT. THESE MUST HELP) | <ol style="list-style-type: none"> 1. Complete and play a blockbuster game. 2. Do the work out exercises mentioned in the PPT. 3. Ask the students to demonstrate other simple stretches or exercises that they may be knowing. |
| ASSESS (REPEAT THE KEY THEME. HAVE A QUIZ OR A DISCUSSION ABOUT THE LESSON) | <ol style="list-style-type: none"> 1. Complete all the questions in the PPT. 2. Complete the assignments from the PPT. |
| CONCLUSION | End with dua to assist leaning "RABBI ZIDNEE ILMAN" and Sura Fateha for Marhumeen. |

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ZAYTOON

1. The Zaytoon tree is mentioned in other cultures and religions. Can you name some of them?
2. Name 3 countries where Zaytoon trees are cultivated.

Did you know?

The Zaytoon plant was first cultivated some 7,000 years ago in the Mediterranean regions.



Write down 6 products that can be made from a'nab.

1. What is a dried a'nab called?
2. Write 5 benefits of eating a'nab.

Did you know ?

- White A'nab are actually green in colour.
- A'nab seed oil is used in cosmetics!



'ADAS

1. Write down as many colours and names of 'Adas that you know?
2. 'Adas is mentioned in which chapter in the Qur'an?
3. Name 2 dishes that are made with 'Adas.
4. Write 2 benefits of eating 'Adas.

Did you know?

The 'Adas tree is only about 16 inches tall, and the seeds grow in pods, usually there are two seeds in each pod.



RUMMAN

1. On which day is it recommended to eat a rummaan?
2. Which prophet loved to eat rummaan?
3. Write a paragraph describing what a rummaan looks and tastes like to someone who has never seen a rummaan.
4. Which cuisine uses a lot of rummaan?

Did you know?

One rummaan gives you about 28 mg of vitamin C, which is almost 50% of your daily recommended intake.



QITHTHAA'

1. Write two health benefits of Qiththaa'.
2. Besides eating where else is Qiththaa' used?
3. Write a simple recipe using Qiththaa'.

Did you know?

A Qiththaa' can grow to be as large as 24 inches long and 4 inches in diameter.



BASAL

1. Why does cutting a basal make you cry?
2. How many types and colours of basal do we have?
3. Write 3 ways in which basal can be consumed.

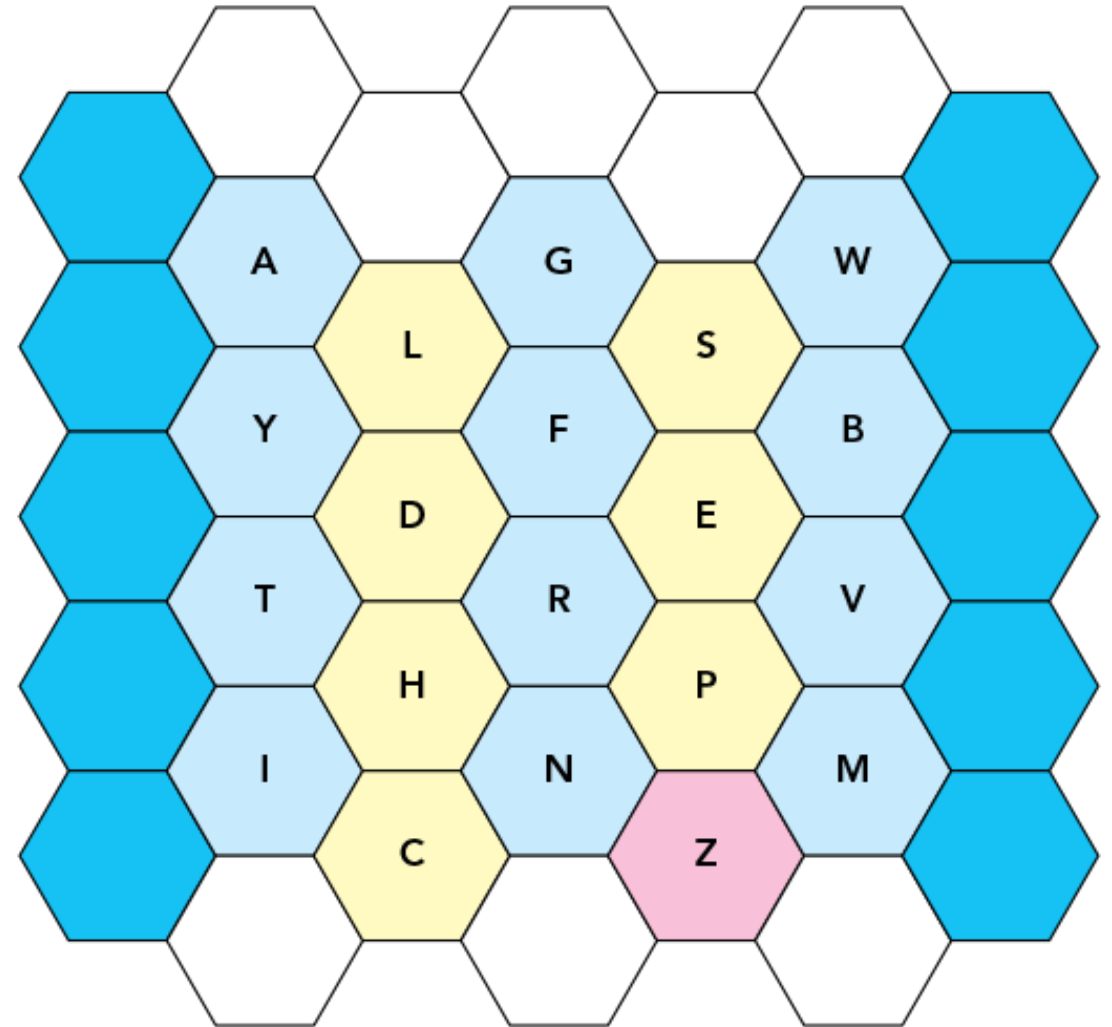
Did you know?

The Egyptians considered the spherical shape and concentric rings of a basal as a symbol of eternal life. They used basal in burials; evidence of basal traces were found in the eye sockets of Ramesses IV.



LET'S PLAY BLOCKBUSTERS

- Design a challenging quiz for your friends.
- The blockbuster grid has been drawn for you.
- Write down 20 questions based on healthy foods especially those that are mentioned in the Qur'an.
- One question has been done for you:
- Which Z is a vegetable that looks like a Qiththaa'?



HEALTHY FOOD + SPORTS = HEALTHY BODY



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A – Z OF SPORTS

1. Write down all the different names of sports and games from A-Z.
2. Write as many words as you can make from the word "Sportsman"

Please note plurals are not accepted.



SPORTS RECOMMENDED BY OUR MA'SUMEEN



Archery



Swimming



Horse Riding

SWIMMING

Benefits of swimming:

- Takes of stress.
- Builds endurance.
- Maintains healthy weight.
- Swimmers use every muscle in their body.

Did you know?

A free diver can hold his/her breath for as long as 10 minutes.

Swimmers sweat in the pool just like athletes on land.



SWIMMING

1. What is the length of a standard swimming pool?
2. Name 4 types of swimming strokes/ styles.
3. Who is Alzain Tareq from Bahrain?



ARCHERY

Benefits of archery:

- Improves focus.
- Improves hand and eye coordination.
- Builds patience and confidence.

Did you know?

In today's Olympics, recurve bows look hi-tech. However, the design dates to more than 3,500 years ago.



ARCHERY

1. In which battle did the Muslim archers leave their positions?
2. What is the difference between a spear and an arrow?
3. Archery is a “dead sport” in our community, how will you revive it?



HORSE RIDING

Benefits of horse riding:

- Strengthens core muscles.
- Improves coordination and posture.
- Relieves stress.

Did you know?

Stallions have 40 teeth while a mare has 36 teeth.

All horses, regardless of when they were born, have a common birthday of January 1.



HORSE RIDING

1. What is a female foal and a male foal called?
2. In order to horse ride what do you need besides a horse?
3. What was the name of Imam Husayn's (pbuh) horse?



SOME EXERCISES FOR YOU TO DO DAILY

Sit Backs:

- Sit on floor, legs bent . Arms straight in front
- Lean back gradually. Keep arms straight and tummy tight
- Take it as far back as comfortable. Slowly return to sitting position. Repeat



SOME EXERCISES FOR YOU TO DO DAILY

Chair Squats:

- Stand tall, chair behind you. Arms straight in front.
- Slowly start to sit down. Stop before you just can sit on the chair.
- Slowly straighten to standing position. Repeat



SOME EXERCISES FOR YOU TO DO DAILY

Butterfly Breath:

- Stand tall. Feet hip width apart.
- Arms lifted out to the sides (like a butterfly)
- Exhaling, lift right knee and touch it with left elbow.
- Inhaling, return to position one.
- Switch sides and repeat.

You can do these three strength-building exercises at home.

No need of: special equipment, expensive gym fees or lots of time



ASSIGNMENT

1. Name the other foods that are mentioned in the Qur'an which we have not covered in our lesson.
2. Try and write in Arabic the names of the foods mentioned in the Qur'an .
3. Write the chapter and verse number of 5 of the foods mentioned in the Qur'an.
4. Design a weekly menu for your family. Try and include one food from the Qur'an everyday.
5. Write a small exercise manual . Your manual should have:
 - 5 daily exercises to be done 3 times a week.
 - Pictures and short instructions explaining each exercise.
 - You may also add Yoga stretches.
 - Personalise your manual with your logo and some funky artwork!

