

BALANCED DIET

WITH THE NAME OF ALLAH, MOST GRACIOUS, MOST MERCIFUL.

We read in Sura Ta-Ha (ch. 20): verse 81:-

“Eat of the good things we have provided for your sustenance, but commit no excess therein, lest my wrath should justly descend on you: and those on whom descends my wrath do perish indeed!”

For a balanced diet we should eat any of the natural foods which our Rabb has given and made lawful and wholesome for us.

We must not overeat these foods as overeating harms the body and the mind.

Learn to have a little of the various kinds of foods and not too much of one type.

Remember, water should play an important part in our diet.

To keep the body clean and healthy, we should drink several glasses of water each day.

Our Rabb has made unlawful certain foods which will be harmful and unhealthy for us.

Worksheet

1) Why has our Rabb forbidden us to eat certain foods?

2) Why should we not overeat?
