

## MODULE 4

**Class Title:** Bon Appetit- part 2

**Aim of the lesson:** To understand which food are healthy and pure.

**Category:** Worship

**Lesson Format:** Power point presentation

Greeting to students) *AssalamalaikumwaRahmatullahiwaBarakatuh*

*(Ta'awwudh) Aoodhubillahi min AsShaytanirRajeem*

*(Tasmiyah) BismillahirRahmanirRaheem*

*(Du'a) Rabbishrahlisadriwayassirliamriwahluluqdatummillisaniyafqahuqawli* (Surah At Ta-Ha 20: Verse 25-28)

Slide 2:

Teacher: we will take this topic further and talk about another aspect.

Slide 3:

Our main focus is going to be on *tayyab* food

Slides 4-7:

Remember this *ayat* that we did, (Surah Al Baqarah 2: Verse 168)? We talked about *halal* food and the following word is *tayyab*. *Tayyab* is one aspect of *halal* food.

Whenever Allah (swt) mentions *halal* food, He also mentions eating *tayyab* food. See this is an *ayat* of (Surah Al Araaf: Verse 157):

‘For he (the prophet) commands them what is just and forbids them what is evil; he allows them as lawful what is good (and pure) and prohibits them from what is bad (and impure)...’

You see *yuhillu at tayyibaat*.

And this is in (Surah Al Mai'dah 5: Verse 4)

‘They ask you (O Mohammad) what is lawful for you in food, say lawful for them are *at-tayyibaat*’

And then in (Surah An Nahl 16: Verse 114):

‘So eat of the lawful and good (pure) food which Allah has provided for you. And be grateful for the Grace of Allah for it is He whom you worship’

So you see *halal tayyab*, *halal tayyab* everywhere. Inseparable, complementing each other. And then there's a *hadith* in *Sahih Muslim*,

Slide 8:

‘That which is lawful is clear and that which is unlawful is clear’

So why is it so that *tayyab* is mentioned with *halal*? There must be a reason behind it. Why is Allah (swt) telling us to eat pure food?

Student: Cleanliness is stressed in Islam

Slide 9:

Teacher: Okay, cleanliness is stressed in Islam. See, Allah (swt) wants the best for us; you know like a mother really wants you to be healthy and fit. And knowing that healthy food is not appealing all the time, what does she do? She whips up healthy food in such a way that not only is it appealing to our taste buds but its treat for our eyes as well. She wants you to have milk so she makes milkshakes, and what else does she make? ‘Milo’, smoothies. She wants you to have egg and she makes, egg *ka halwa* and ‘Spanish omelets’. So she tries really hard to make yummy food for you, at the same time making sure it’s all healthy. The same way Allah (swt) wants to see us happy and healthy. Not only has He chalked out a diet for us which is nutritious but healthy and nourishing too. He has gone a step further and told us, out of the *halal* food, eat that which is pure.

Slide 10-14:

I’m going to talk about ‘Organic food’. Have you heard of this term? It’s really popular in the west and it’s seeping in our part of the world as well. Student: Yes.

Teacher: Have you heard of ‘Genetically modified food’? ‘Genetically modified food’ or ‘genetically engineered food’ refers to crops, plants, or cattle that are grown using techniques that directly manipulate the genetic makeup of the organism. You know ‘genes’, those cells that make this apple, give the apple that curve, the crispy taste, that green or red color. So they play around with those genes. It includes the insertion and deletion of gene. This is usually done to increase the crop yield and is mostly in the interest of the grower and the seller. You have a question?

Student: is it *halal*?

Teacher: Yes, this is *halal* food; all that we are talking about today is *halal*. *Tayyab* food is part of *halal*.

So this is basically done to increase the crop yield and to make the plant tolerant against salinity, and to make it pest resistant, cold tolerant, drug tolerant, parasite tolerant, disease resistant and many other reasons.

What is the explanation they give for this? ‘There are about six billion people eating every day, we need every reasonable tool known to man to assure adequate nutrition for earth’s residents.’ they are saying that food sources are diminishing that’s why we have to step in and do something about it. They have these chemicals and injections that they insert into chickens and animals so they can become fat and plump. And with the fruits and vegetables they give color to them so that it seems that they have ripened, when actually they are not ripe, they are raw! This is happening everywhere. We were buying *lychees* and we got these really ‘ripe’, red *lychees*. When we peeled them, this red color was coming off on our fingers and when we ate them they were so sour! Basically, the seller had given artificial color to them so they seemed ripe.

Teacher: That’s what they do with fruit, if these people had injections they would surely go for ones that could give the red color to them. And then *sawnf*, we bought *sawnf* and it was so green! We were like, “Wow, parrot green”. And when we were cleaning and sifting them, the color was coming on our fingers. They tamper with food and color it to increase their sale. see this. It’s pretty cool? Isn’t it? See how they have played around with the genes of the ‘water melon’. They have changed its round shape. And look at these....

We are talking about the problem where the nutritious value is gone, fine you can have this really nice packaging and color but if the nutritious value isn’t there... then that’s not pure food. Most food items in Western countries are really messed up. *Alhamdulillah*, we are much better off here in Pakistan. The fruits and vegetables over here aren’t all that modified, but they still apply pesticides and fertilizers and urea. So why do they even do this? Just so that there is more crop and they ripen quickly ready for sale and maybe to increase the shelf life.

You know pure milk rots in a couple of days, but the milk that you get in ‘tetra packs’ has a longer shelf life, lasts a couple of months. The fruit that we get here is mostly grown within our country, but when we go abroad it comes from all different parts of the world, like mangoes. So don’t you think it should’ve rotted by the time it reaches the shelves of the supermarkets, having travelled so long?

Don’t think this info is needed.

Between 1997 and 2009 the total surface areas of land cultivated with ‘GMOs’ that is ‘genetically modified organisms’ increased from 4.2 million acres to 331 million acres. That is in twelve years, it increased from 4.2 to 331 million acres, although most ‘GM crops’ are grown in the North America but in recent years there has been a rapid growth in the areas sown in the developing countries. There has also been a rapid and a continuing expansion of ‘genetically modified’ cotton varieties in India since 2002. In 2009 eighty four thousand kilometers square of ‘genetically modified’ cotton was harvested in India.

The Grocery Manufacturers of America estimates that seventy five percent of all processed food in the US contains genetically modified ingredients. Seventy five percent! That is a lot.

So how is food modified? What they do is, you can say they have these scissors, they take out the gene in the bacterial cell, which has that pest killing protein, so it's like a 'cut and paste' thing. So you see this red thing that is the enzyme which is pest resistant, so they take it out with these scissors and they paste it in the plant using molecular techniques. The normal plant cell now becomes genetically modified and carries that bacterial gene from there. Now this new gene enables the genetically modified cell to produce the pest killing protein. So now your whole plant is pest resistant with the cut and paste thing. You guys understand this? It's pretty simple.

So in the beginning, they were really happy and it was a big step for them. They might not have been aware of the problems but as time passed they came to realize the drawbacks. It not only harms our bodies, but our health and lifestyles as well. The three main problems caused are:

- It reduces nutritional value in the food.
- It has allergens that cause allergies to people.
- And it has toxins, when that gene is inserted they say that some plants rapidly produce toxins.

Slide 15-17:

After this realization, they are coming back to the roots; adopting farming methods they were doing before... 'Organic farming'. It's not widely practiced here in Pakistan as is done in the 'West'. If you go abroad, you will see these aisles in super markets where they are selling organic food and all that stuff. So fifty, sixty years ago organic food was the norm, that's how farming was done but today... after seeing the mess that genetically modified food has created, organic stuff seems a blessing to us!

And there is a growing trend of having your own kitchen garden and growing your own vegetables, and it's pretty cool. Not only do you get natural pure food, it's actually fun growing it. Do any of you guys have kitchen gardens, you do?

Student: I made it myself.

Teacher: Was it fun growing it?

Student: It was fun but then it got destroyed.

Student: we grow tomatoes.

Teacher: Wow that's nice, don't you guys find it exciting when that small flower comes out, turns into fruit, ripens and is ready to be eaten? My dad has a kitchen garden and I can't tell you his joy and excitement at every stage of cultivation, he literally brings us out and he's like, "Look there... there... there it is!" And when it has ripened he gathers us all and says, "Look my

own vegetable!” It’s like an accomplishment or achievement. And the best part is that it is full of nutrients and the minerals that one needs, why not go for it?

Slides 18-20:

So you see it isn’t only fruits and vegetables that they modify, the dairy products and eggs have also changed. Would you believe it, you have organic baby food as well! And ketchup and mustard paste and oils, cheese etc. Gone are the days when sipping from a bottle of mineral water was supposed to be cool. Now they are telling you to drink from *nalkas* (taps) and ground water. Well not here, but abroad people drink it from their own *nalkas* (taps). Of course here the circumstances don’t allow you, but in our villages and small towns people still pump water from the ground. Have you seen the pumps? That water is cold, refreshing and full of nutrients and minerals that one needs. AND it’s totally non-tampered!

Slide 21-22:

And look here, what do you think is shown in these two pictures? What’s happening in the picture on the left?

Student: Battery farm.

Teacher: They are chemically producing these eggs... And what’s happening in the other one?

Student: Free range farm.

Teacher: Yes it’s a free range farm, just look at the chicken... they are all different sizes, different colors and natural. Allah (swt) has given different colors to His creation, and look at these, they look like machines, robots, the same size, same color. Yes?

I was cutting chicken the other day and I was amazed at the size of the leg that I had in my hand, a chicken leg this big and it was this fat. Like she said, they are given steroids which make them seem plump and fat.

By looking at the pictures, it seems to me that free range farming can be a hassle for the farmers. The chickens can roam around and lay their eggs whenever and wherever they feel like. So the farmer has to go and look for those eggs. In plants, chickens are stuck in cages and the whole process of laying eggs; hatching etc is done mechanically and in a certain time period.

So now look at these eggs which are white, and look at these eggs. The organic eggs or you can say the *desi* eggs, are natural. Imperfection is natural. And having certain size and color and being spot-free is not natural. What other differences can you see between these two types of eggs? You see the cartons, the one with the white eggs; it has this huge list. This kind of list is on every ‘canned’ or ‘bottled’ food packet. It has ‘nutritional facts’ and it may even have the

ingredients. And *desi* eggs, yes...look at their shape; some are long, some are small, some even have spots on the shell. Absolutely natural.

Slide 23:

So the question is how to eat *tayyab* food? I'm sure you guys have food cooked in your homes don't you? *Alhamdulillah!* In our world it is done that way because it's the norm here. Abroad they usually have frozen meals.

Student: Can we have 'Maggie noodles'?

Teacher: ok let's get this straight. I'm not saying that you **shouldn't** have packaged food, or genetically modified food. It's not *haram*; it's absolutely *halal*. All I am trying to tell you is that, Allah (swt) has suggested, recommended, preferred you have natural, pure organic food. Where possible, opt for the pure food. Eating healthier and nutritious food is for our own benefit so avoid canned and packaged food when you can. It's not a matter of *halal* or *haram*; it's a matter of healthiness and nutritious.

Instead of having **all** your food from a can or packet, have **as much** fresh food on your plate as you can, i.e. eat raw salad and homemade curries or even pizza etc.

Teacher: Look at the various uses that Allah (swt) has kept in fresh things.

Student: Is it healthy for girls to have the milk here? Like hormonal injections lead to problems in their lives, and my dad only gets fresh milk for us.

Teacher: There are a lot of problems with the packet milk that you get, the one in tetra pack. Experts say it has urea detergent powder, to thicken the milk and many other additives. Whereas, fresh milk is infamous for being tampered with. Cows are given hormonal injections so that they produce milk quickly. And this brings adverse reactions on our hormones. Same goes for the chicken; I read this article in 'dawn' newspaper stating that girls reach puberty early have a growth in facial hair (waxing facial hair is becoming a norm), because of these hormonal injections.

Eat as much seasonal fruits and vegetables as you can. Nowadays we have grapefruit and pomegranate, we have bananas all year long, have them.

Student: I don't feel that in Pakistan they genetically modify crops, first of all they do not have the money to do it and second of all I don't think they have resources and knowledge to do it.

Teacher: yes! To a big extent, the vegetables and fruits over here are natural. Here, only fertilization, spraying pesticides and adding urea is done. Judging from the sweet taste and 'normal' sizes! Ask your visiting relatives from abroad to tell you the difference in taste of the fruits and veggies there and here. They'll say it's a remarkable difference. Bell peppers abroad

are big, shiny and spotless; they seem like toys on the racks. Mangoes here are so juicy and sweet; over there, totally tasteless!

Slide 24:

You have different organic initiatives in Pakistan. In Karachi, there is 'Sungold organic' and 'Necos', it's a store and a cafe. In Lahore you have 'Dali', and 'Roshni association'. See people are growing organic food here as well. And if you go to 'Necos' they have organic furniture there! They do right.

Student: yes they do. I've seen it. They also have makeup and stuff.

Teacher: They have shampoos and cosmetics and everything. It's a bakery and a cosmetic shop.

Slides 25:

So we were saying that natural stuff varies in color, shape and size. Like...these teeth! Hahaha! They maybe crooked, and yellow but they are his original teeth! Haven't you heard of 'natural beauty'? Actors and models have the perfect smile, the perfect nose, perfect figures! It's a nose job! They've done something to their features to make them more pronounced. The snazzy photos in magazines have been photoshopped! Nothing can be perfect except Allah (swt)

Slides 26-28:

This food is like 'wow', just look at the colors! However it's bad for your health. Haven't you heard your mother saying, "Don't give your little brother coke, you know he won't sleep" or "it makes him high" etc. To make it tempting, vibrant colors and catchy slogans are used, but junk foods carry little or no nutritional value. Milk even looks unattractive as compared to soft drinks. Who doesn't crave for soft drinks? But we all know the drawbacks; they are high in calories, high in sugar content, they make you high and destructive for bones. All that glitters isn't gold. I read about 'coke' or 'pepsi' in Readers Digest that it's a really good toilet cleaner! And it works much better than 'harpic', you just swish it in... and there goes all your dirt! The black spots too!

Slides 29-40:

Now, have you heard of 'lush' cosmetics; they are made out of organic ingredients. The masks you get are literally made out of yogurt and have an expiry date. Nowadays cosmetics are organic too, let alone food. I went on the 'lush' website and I was looking at their products and this is a mask, just look at it... its actual oatmeal and almonds. Literally it looks as if it's edible. So what did they say, "Use 'Oatfix' to clean and soften sensitive skin. It was invented by a group of enterprising 'lush' shop managers. You would be delighted to hear that a brand of fresh fine oat meal, bananas round almonds and vanilla smell as tempting as a very posh breakfast. It's as

tempting as anything that you can eat. Oats are wonderful things; they calm your skin and reduce cholesterol...'

Do visit their website, just Google it up and you'll find it. They give detailed information about their products.

And then you have body shop, famous for 'no animal testing'. Then you have different ones like Sante. If you look around there's a lot of variety, and if 'Necos' can have organic furniture then that's like wow!

Slide 41:

Food for thought!

(Du'a for end of a gathering) *Subhana Rabbika Rabbul Izzati 'amma yasifun wa salamun 'alal mursaleen, walhamdulillahi Rabbil 'alameen*

(Parting salutation to students) *Assalam alaikum wa rahmatullahi wa Barakatuh*