

Islam and Nutrition

Summary

Using the links suggested at the end of this form students are invited to study the Islamic dietary rules, and to identify their hygiene principles.

Description of the activity

The activity mainly consists of research, to be carried out in small groups in the classroom, on the Islamic dietary rules, in order to identify the hygiene and dietary motivations that underlie the rules themselves.

Activity structure

- **Preferred premises of the activity:** Reading the paragraph on Islam in the Guideline, with reference to the suggested links.
- **Resources needed:** Multimedia classroom, Internet connection.
- **Recommended number of people participating:** 28 students (1 single class)
- **Previous knowledge of participants necessary:** Knowledge of the main non-religious dietary rules.
- **Activity duration:** 2 h for the research activity, 1 h for the debate, in the class, on the results achieved, 2 h to write a short essay.

Learning Objectives

Students will acquire:

- Knowledge of food hygiene
- Ability to identify implied hygiene rules
- Ability to compare different eating habits

Expected Outcomes

Create a warm atmosphere in classroom through debates and cooperation

Compare different points of view about a question

Motivate students to understand cultural heritage

Tackle stereotypes and prejudices

Target group

14-16 years old

Subject of the curriculum in which the activity could be implemented

Hygiene and health-medical culture

Food science

Learning objects to be used with this activity

In this activity teachers will use:

Guidelines





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Articles (link suggested in the guidelines)

<https://en.wikipedia.org/wiki/Halal>

<http://religion.atspace.com/Islamfood00table.htm>

Arabic cuisine

https://en.wikipedia.org/wiki/Arab_cuisine

Hygiene rules and Islam

<https://www.theguardian.com/lifeandstyle/2014/may/18/halal-food-uk-ethical-organic-safe>



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