

**Fruit:** Figs and Olives  
**Group:** Girls  
**Age:** 6 - 9  
**Teacher:** Maryam Moti

## Lesson Notes

There are lots of fruits mentioned in the Quran including **Figs, Pomegranates, Dates and Olives**

Work with children to try and learn Surah Teen

### FIG

- The Fig is mentioned in Surah Teen
- This surah talks about the creation of people
- Prophet Adam and Bibi Hawwah clothed themselves with the leaves of the fig tree, and therefore the fig tree represents the tree of Prophet Adam
- The fig is mentioned only once in the Holy Quran
- Mention that Allah talks about Mount Sinai in this Surah
- There are many benefits to eating figs. The 8<sup>th</sup> holy Imaam, Imaam Ridha (a) said to eat figs for:
  - Improving hair growth
  - Removing bad breath
  - Curing colic and piles
  - Curing pains, especially joint pains, and strengthening the bones
- The Holy Prophet (saw) said: *'Eat figs! If I could say a certain type of fruit was sent down for us from the heavens, I would say it was the fig because it has no seeds and in it there is a shifa'a (remedy)'*



### OLIVE

- The Olive is mentioned in Surah Teen
- If you lose something, you should recite surah Teen to find it
- The Olive Tree is said to refer to the time of Prophet Nuh when after the flood, he sent a pigeon to search for signs of land and the pigeon returned with a small branch of the olive tree
- There are many benefits to eating olives. The first holy Imaam, Imaam Ali (a) said that people who use olive oil and vinegar will not be afflicted with poverty
- If you apply olive oil to your skin, it can:
  - Delay the effects of ageing
  - Soothe aches and pains
  - Help heal boils, rashes and itching
  - Moisturise skin and prevents dandruff
  - Be a remedy for teeth and gum diseases, when applied with salt
- The Holy Prophet (saw) said: *'Use olive oil and anoint yourself with it, because it is from a blessed tree'*



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

وَالزَّيْتُونِ وَالزَّيْتُونِ

I swear by the fig and the olive,

وَطُورِ سَيْنِينَ

And mount Sinai,

وَهَذَا الْبَلَدِ الْأَمِينِ

And this city made secure,

لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَنِ تَقْوِيمٍ

Certainly We created man in the best of moulds.

ثُمَّ رَدَدْنَاهُ أَسْفَلَ سَافِلِينَ

Then We render him the lowest of the low.

إِلَّا الَّذِينَ آمَنُوا وَعَمِلُوا الصَّالِحَاتِ فَلَهُمْ أَجْرٌ غَيْرُ مَمْنُونٍ

Except those who believe and do good, so they shall have a reward never to be cut off.

فَمَا يُكَذِّبُكَ بَعْدُ بِالذِّينِ

Then who can lie after this about the Judgement?

أَلَيْسَ اللَّهُ بِأَحْكَمِ الْحَاكِمِينَ

Is not Allah the best of the Judges?