

Fruit: Olives

Group: Girls

Age: 13 - 16

Teacher: Nikhat Panjwani

The Olive - الزَّيْتُون

1. Surah Anam:99

وَهُوَ الَّذِي أَنْزَلَ مِنَ السَّمَاءِ مَاءً فَأَخْرَجْنَا بِهِ نَبَاتَ كُلِّ شَيْءٍ فَأَخْرَجْنَا مِنْهُ خَضِرًا نُخْرَجُ مِنْهُ حَبًّا مُمْتَرَاكِبًا وَمِنَ النَّخْلِ مِنَ الطَّلْحِ مِنْ طَلْعِهَا قِنْوَانٌ دَانِيَةٌ وَجَنَّاتٍ مِّنْ أَعْنَابٍ وَالزَّيْتُونَ وَالرُّمَّانَ مُشْتَبِهًا وَغَيْرَ مُتَشَابِهٍ انظُرُوا إِلَى ثَمَرِهِ إِذَا أَثْمَرَ وَيَنْعِهِ إِنَّ فِي ذَلِكَ لَآيَاتٍ لِّقَوْمٍ يُؤْمِنُونَ

And it is He who sends down rain from the sky and We produce thereby the growth of all things. We produce from it greenery from which We produce grains arranged in layers. And from the date palm are clusters hanging below. And there are gardens of grapevines and olives and pomegranates, similar yet different. Look at each of its fruits when it ripens. Indeed in that are signs for those who believe.



2. Surah Anam: 114

وَهُوَ الَّذِي أَنْشَأَ جَنَّاتٍ مَّعْرُوشَاتٍ وَغَيْرَ مَعْرُوشَاتٍ وَالنَّخْلَ وَالزَّرْعَ مُخْتَلِفًا أَكْلُهُ وَالزَّيْتُونَ وَالرُّمَّانَ مُتَشَابِهًا وَغَيْرَ مُتَشَابِهٍ كُلُوا مِنْ ثَمَرِهِ إِذَا أَثْمَرَ وَآتُوا حَقَّهُ يَوْمَ حَصَادِهِ وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ

For it is He who has brought into being gardens-[both] the cultivated ones and those growing wild and the date-palm, and fields bearing multiform produce, and the olive tree, and the pomegranate: [all] resembling one another and yet so different! Eat of their fruit when it comes to fruition, and give [unto the poor] their due on harvest day. And do not waste [God's bounties]: verily, He does not love the wasteful!

3. Nahl:11

يُنْبِتُ لَكُمْ بِهِ الزَّرْعَ وَالزَّيْتُونَ وَالنَّخِيلَ وَالْأَعْنَابَ وَمِنَ النَّمْرَاتِ إِنَّ فِي ذَلِكَ لَآيَةً لِّقَوْمٍ يَتَفَكَّرُونَ

And by virtue thereof He causes crops to grow for you, and olive trees, and date palms, and grapes, and all kinds of fruit: in this, behold, there is a message indeed for people who think!

4. Surah Muminoon: 20

وَسَجْرَةَ تَخْرُجُ مِنْ طُورِ سَيْنَاءَ تَنْبُتُ بِالذَّهْنِ وَصِبْغٍ لِلْأَكْلِيِّينَ

As well as a tree that issues from Mount Sinai, yielding oil and relish for all to eat.

5. Surah Abasa: 24-29

فَلْيَنْظُرِ الْإِنْسَانُ إِلَى طَعَامِهِ: Let man, then, consider his food:
أَنَا صَبَبْنَا الْمَاءَ صَبًّا أَنَا صَبَبْنَا الْمَاءَ صَبًّا For that We pour forth water in abundance



And We split the earth in fragments, ثُمَّ شَقَقْنَا الْأَرْضَ شَقًّا
And produce therein corn, فَأَنْبَتْنَا فِيهَا حَبًّا
And Grapes and nutritious plants, وَعِنَبًا وَقَضْبًا
And Olives and Dates, وَزَيْتُونًا وَنَخْلًا

6. Surah Nur:35

دُرِّيُّ يُوقَدُ مِنْ شَجَرَةٍ مُبَارَكَةٍ زَيْتُونِيَةٍ لَا شَرْقِيَّةٍ وَلَا غَرْبِيَّةٍ يَكَادُ زَيْتُهَا يُضِيءُ وَلَوْ لَمْ تَمْسَسْهُ

Lit from a blessed Tree, an Olive, neither of the east nor of the west, whose oil is well-nigh luminous, though fire scarce touched it.

Benefits of eating olives:

The olive is high in:

- **Vitamin E** - Vitamin E is an antioxidant. It protects the body against harmful damage from outside sources like pollution, sun damage, and other environmental factors. It also plays a role in helping your immune system function
- **Healthy fats** - Around 80 percent of the calories in olives come from fat, but is a healthy fat. One of the main fats in olives is oleic acid, a monounsaturated fatty acid, which may have a protective effect when it comes to cancer and maintaining good heart health.
- **Phytonutrients** - These are a variety of different chemicals found in plants that give the plant protection from disease, or from bugs that eat it. When we eat the plant, these chemicals are passed to us and have protective health benefits for us as well. They can help with heart health, digestive health, and more.



There are also other benefits. These include:

- **Anti-inflammatory properties** - The combination of oleic acid and phytonutrients in olives is believed to have an anti-inflammatory effect. This means these nutrients both play a role in protecting your body from chronic conditions like osteoporosis, cancer, and heart disease.
- **Bone health** - Olives are rich in vitamin D, calcium and phosphorous, which all play a critical role in bone growth, remodelling and maintenance and help prevent bone conditions such as rickets in children and osteoporosis in adults.
- **Heart health** - In addition to their anti-cholesterol action, polyphenols exert a beneficial effect on the cardiovascular system by also preventing blood clots formation and promoting vasodilation. This results in decreased heart work and improved heart function.

- **Skin health** - It is well known that anti-oxidants have a beneficial effect on skin health, since they help prevent the damage caused by free radicals on skin tissue. However, olives also contain relatively high amounts of beta-carotene, the precursor of vitamin A, and vitamin E which play an important role in stimulating skin regeneration and providing skin protection. Therefore, the combined effect can help maintain a healthy, smooth and young skin.
- **Vision** - Not only vitamin A is beneficial for skin health, but is also essential for normal vision, especially in low light, as well as for eye health and integrity.

More information on olives:

- The Holy Prophet said 'Use olive oil to anoint yourself because it is a blessed tree.'
- The roots of the Olive tree are very strong. At times of drought when other trees may die the olive tree remains strong.
- In the book Tibbe Nabawi (medicine of the Prophet) it is recommended to drink olive oil to combat constipation and to soothe stomach pains.