

Fruit: Dates and Pomegranates

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

DATES

- Allah talks about dates in the Quran in Surah Raad and Surah Maryam
- Dates protect the body against illness, help the brain, makes you strong, increases eyesight, strengthens the bones and teeth
- In the Month of Ramadhan, Muslims eat a lot of dates, and eat dates when we break our fast
- In the Quran, Allah talks about how Bibi Maryam shook the palm tree and dates fell from the Palm Tree. This is mentioned in Surah Maryam



POMEGRANATE

- Allah talks about the Pomegranate in Surah An'am and Surah Rahman
- He mentions pomegranates 3 times in the Quran
- Helps keep your muscles and heart healthy
- Pomegranate is one of the fruits of Jannah



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?