

Nutrition and Islam

(Google Classroom Presentation)
Webinar Worksheet



The Meaning of Nutrition

Match the terms Nutrients and Nutrition with the correct definition below and write the term next to the definition.

1. _____ Substances in food that your body needs for normal functions.
2. _____ The process of taking in food and using it for energy, growth, and good health.

The Six Categories of Nutrients

3. Listen to the webinar lecture and list the six categories of essential nutrients:

_____, _____, _____, _____, _____, _____

4. What is the name of the essential nutrient that contains sugars and starches and serve as a primary energy source?

5. List the types of food that sugars can be found in: _____

6. List the types of food that starches can be found in: _____

7. What are the two types of carbohydrates? _____

8. Give a description of the first type of carbohydrates _____

9. Give a description of the second type of carbohydrates _____

10. Give a description of fiber and one of its main benefits _____

Protein

11. List five benefits of protein:

12. Give an example of the types of food that contain protein.

Fats

13. Where are the two primary places that you can find fat nutrients? _____

14. List the two types of fats. _____

15. Which type of fat can be dangerous if taken in large amounts? _____

16. What is the primary function of cholesterol towards our health?

17. What will happen if you accumulate too much cholesterol in your body?

Vitamins

18. What two things are vitamins good for? _____

19. List two places where you can find vitamins. _____

20. List three different types of vitamins and what they do for you. _____

21. What happens when you take a multiple vitamin that your body does not in need?

22. What are some of the benefits of minerals?

23. List five types of traceminerals.

24. List some of the benefits of Potassium.

25. What types of foods contain potassium?

Water

26. Why is water considered the essential nutrient?

27. List some of the benefits of water.

28. How much water should a male student nine – thirteen years of age drink daily?

29. Roughly how much water should everyone drink daily?

30. How many cups of water should a person drink daily?

Part Two: Islam and Nutrition

31. Islam informs us not to waste in extravagance. Provide the basic definition of extravagance and give a practical example.

32. The Prophet Muhammad (*Sallallahu Alayhi wa Sallam*) was reported to have said, “*Ones worst weakness is one’s belly*”. In your own words, explain what the Prophet (*Sallallahu Alayhi wa Sallam*) meant by that statement.

33. Identify three problems associated with eating too much.

34. Explain the guidance of the Prophet Muhammad (*Sallallahu Alayhi wa Sallam*) concerning eating. If you eat what is the principle that must be observed?

35. Explain how bad eating habits can cause health problems.

36. Do research on the Internet and identify an decease that is linked back to our eating habits.

37. Identify three Islamic etiquettes that should be observed before, during and after eating:

Bonus Questions: Vitamin D

38. Names some of the benefits of vitamin D.

39. Identify two ways that a person can get vitamin D.

40. List three benefits of minerals.

41. What is one of the problems that can occur in a person who has a lack of iron?