

Activity 7: Create a menu for a restaurant using only Sunnah foods.

In the Quran and hadith there have been mention of various foods and the benefits of eating them. Using these foods create a menu that includes breakfast, lunch, dinner and dessert.

Give your restaurant a name then, design the menu to fit the theme of your imaginary restaurant, be creative!

Below are some of the hadiths in which specific foods have been mentioned:

Dates

The prophet (s.a.w) said, “When one of you is fasting, he should break his fast with dates; but if he cannot get any, then with water, for water is purifying.” (Abu Dawood).



Melon

The messenger of Allah used to eat melon with fresh dates, and he used to say, “The heat of the one is broken by the coolness of the other, and the coolness of the one by the heat of the other.”



Vinegar

The prophet said, “The best condiment is vinegar.” (Sahih Muslim).



Honey

“The prophet used to like sweet edible things and honey.” (Sahih Bukhari).

The prophet said, “If anyone licks honey three mornings every month, he will not be afflicted with any serious trouble.” (Tirmidhi).



Olives & Figs

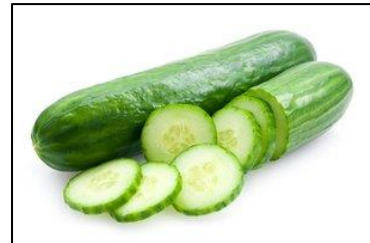
Olives and Figs have been mentioned in the Quran in Surah Teen.

The prophet said, “Eat olive oil and anoint yourselves with it, for it comes from a blessed tree.” (Tirmidhi).



Cucumbers

The prophet also used to eat dates and cucumber together for the same reason he ate melon and dates together.



Pumpkin

It is reported that pumpkin was one of the prophet (s.a.w) favourite vegetables!



There are many more Sunnah foods, you can do some research of your own at home and include other Sunnah foods into your menu too!