

# **Al-Hilal**



**Health Issue**

**A Magazine for Children**

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# MESSAGE FROM EDITORIAL STAFF

Allah has only given us one body, therefore we have to take care of it and treasure it just like our favorite possessions. One of the main factors is staying healthy. It starts with what we eat and staying active. A startling epidemic of obesity with not only adults but also children is occurring in the world. This in turn leads to higher incidences of Diabetes Type II in our younger generation. You may think what can diabetes do to me?

The surprising fact is, a lot, if not treated or prevented. Some long term effects can cause damage to the eyes (Diabetic retinopathy), damage to blood vessels (Hypertension), Heart Problems, and the list can continue. In this issue our brilliant writers have shared with us how to stay fit, and live a healthier lifestyle.

We should all make an effort to encourage one another to eat, think and live healthy!

Anesia McRae Al-Hilal Editorial Staff



## QUARTERLY AL-HILĀL

A magazine for children, by children, that provides them with a creative opportunity to learn about the world around them, and how to apply the teachings of Islām and Aḥmadiyyat to their daily lives.

Al-Hilāl (The New Moon) is published by the Aḥmadiyya Movement in Islām, under the auspices of the Children's Magazine Committee, and directed by Dr Ahsanullah Zafar, National Amīr, Jamā'at Aḥmadiyya, USA.

The publication of this magazine was launched by the late Ḥaḍrat Ṣaḥḥibzadah M. M. Aḥmad (1913-2002).

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*Front Cover Design By: Sumera Choudhary*

## From the Holy Qur'an

يَبْنِيْ اٰدَمَ خُدُوْا زِيْنَتَكُمْ عِنْدَ كُلِّ مَسْجِدٍ  
وَّكُلُوْا وَاشْرَبُوْا وَلَا تُسْرِفُوْا  
اِنَّهٗ لَا يُحِبُّ الْمُسْرِفِيْنَ

O children of Adam! look to your adornment at every time and place of worship, and eat and drink but exceed not the bounds; surely, He does not love those who exceed the bounds. [7 32]

## *My Beloved Huzur*

Rumana Ashraf /9/Fitchburg Massachusetts

My Huzur, your Huzur, the same Huzur that guides us through

He goes with Allah's rule, and never listens to the cruel

The master of this time, let his light shine

He is always on Allah's side and has never lied

He persuades us to do good deeds, may Allah let him take the lead

He is like a flower that scents the peace around, so come near him and look how beauty has been found

His heart is filled with peace, I hope this peace will increase.

# The Battle of the Ditch

Ghina Ammar

The Holy Prophet heard  
That the Meccans were coming faster than birds  
Taking the advice of a Persian lad  
They dug a ditch with all the strength they had  
While the wrath of Allah was waiting...

The ditch was really, really deep  
It was too wide to cross with a leap  
And the Muslim army stood waiting  
While the suns were slowly fading  
And the wrath of Allah was waiting...

The Meccans were dismayed at what they saw  
The ditch that was dug with hand and claw  
So they set up an army camp  
And sought to besiege the Muslims in the damp  
While the wrath of Allah was approaching...

Allah sent a storm in the night

And along came the Meccans' plight  
The storm blew all their fires out  
And made them run away with terrified shouts!



# How to Stay Healthy

Waqas Ahmed/13/ Tennessee

How to Stay Healthy? Get up every morning and exercise before you eat. Do not eat a lot of junk food. Don't do a lot of dieting. Restrain from eating a lot of candy. Go outside and do physical things. Take part in things at school like P.E.

Safety is also part of remaining healthy. Don't swim alone or go to a fitness center that doesn't approve of your age. Wear your seat belt and helmet when you are riding a bike.

The part about junk food is that all it does is make you hungrier, like drugs. Think about it this way: a normal person should eat 800-2,500 calories a day. If it's a little more, say: "junk-food, you're eating another person's food."

Ḥaḍrat Mirza Tahir Ahmad (Allah's mercy be on him) wrote a book called Warzish ke Zēne. Did you know he used to do horseback riding, and play tennis as Khalifah?

Also part of staying healthy is doing your five daily prayers. They alone burn more than 50 calories a day! So do your Prayers.

# Ten Tips to Stay Healthy

Surmud Jamil/ 10/ Baltimore

Chapter 5 verse 3. “Forbidden to you are dead meat, blood, the flesh of swine and that on which hath been invoked the name of other than Allah.”

## *10 Tips for a Healthy Life*

1. Allah said not to eat dead meat because there will still be blood in the meat and you are not supposed to eat the blood because it is not good for you. You have to slaughter it in a certain way so all the blood comes out.
2. You should eat healthy foods more often than you eat cookies, brownies, ice cream, or any other dessert.
3. You should go outside and play, and only play video games for one hour.
4. Don't eat too much. Stop eating while you are still hungry.
5. Dress properly when you go out.
6. Rinse your hands before you eat.
7. Use clean dishes for eating and drinking.
8. Rinse or brush your teeth after every meal.
9. Stay home when you are sick.
10. Keep your room clean all the time.

# Being Healthy

Ujala Yousaf/7/ Washington DC

Being healthy is a major part of our life. Our religion tells us to do that as well. Good health makes all the difference in every part of our daily life.

In the school cafeteria, the lunch is totally different than what my dad used to get. The amount of time playing and exercising has decreased a lot. All children should spend at least 60 minutes playing or exercising.

Eat healthy fruits filled with vitamins that we need. One apple a day keeps the doctor away. Bananas are full of calcium. Pomegranates have tons of antioxidants. Vegetables are great to fill our stomachs as opposed to happy meals at McDonald's.



I love to eat cereals in the morning and my favorite veggies at night. No candies. They make our teeth rot and give us cavities.

Brush your teeth at least twice a day and also when you eat sweets.

Although the laddō, barfē, gulāb jāmūn are my favorites but I hate the dentist, so I try to eat less of them and brush asap. Jazākallāh.

# A MUSLIM'S HEALTH

**Aimon Awan and Parents /8/ Central  
Virginia**

The Holy Prophet (peace and blessings of Allah be upon him) said, “No man fills a vessel worse than his stomach. A few mouthfuls that would suffice to keep his back upright are enough for a man, but if he must eat more, then he should fill one-third with food, one-third with drink and leave one-third for easy breathing.” (Tirmidhī)

I read this Ḥadīth and I think if we follow it, we can maintain our health well.

We should always eat healthy food and stay away from junk food.

Good health is also important in order to become a good Muslim, because we cannot be spiritual if we are not in good health.

Therefore, be conscious of what you eat and exercise a lot, take vitamins and most importantly, do not watch too much TV.

And always pray to Allah that may He grant us a healthy and happy life. Āmīn.

# A Healthy Diet

**Alina Khan/ 12/ Northern Virginia**



Kids and adults should maintain a healthy diet everyday. Some healthy foods you should eat are vegetables, fruits, meats, dairies and grains. These are the food groups that will give humans a healthy and fit diet. You should plant carrots, corn and tomatoes in a garden because these three vegetables will support your diet very much.

Exercising will also help with your diet. Lifting weights will give you strong muscles and stretching your muscles will help a lot.

Remember that exercising every day and eating the right foods will give you the health you have been waiting for.

## How Can Everyone be More Healthy

**Amna Khan/ 9/ Northern Virginia**



I can be healthier by eating healthy foods and getting exercise. A lot of people are eating junk food and becoming unhealthy. Junk food is not healthy for anyone. All the people who are eating junk food need to stop. They need to exercise and eat healthy.

Everyone wants to stay fit. We can play sports like basketball, soccer, tennis or we can just jog. Another way to stay healthy is by riding bikes. Everybody needs to stay fit.

# What I Do To Stay Healthy

Lyba Khan/ 13/ Northern Virginia



All over the world young people do not eat healthy. We eat more carbohydrates and bigger portions of junk food than any other generation.

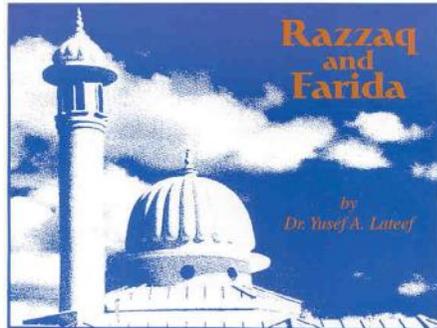
What I do to stay healthy is to participate in physical education activities at my school. I also eat fruits and veggies. Some of my favorites are watermelon, purple grapes, corn, lettuce, peas and mangoes.

If I could, I would plant a garden and have all of these foods to grow. So I suggest that you always eat lots of healthy foods.

## Razzaq and Farida

A story for children by Dr. Yusef A. Lateef. Send \$1.50 per copy and your mailing address to

Chaudhary Mushtaq Ahmad, 15000  
Good Hope Rd, Silver Spring, MD  
20905.



# Let Us Talk About Health

**Tahmina Faiza Ahmed/ 15/ Silicon Valley**

Health is a very important part of our everyday lives. In today's world full of food choices, both healthy and unhealthy, it is our duty to make the right decision when it comes to our well-being. Following the teachings of Islam will greatly help in this path.

In Chapter 2, Verse 169 of the Holy Qur'ān, Allah says: "O ye men! Eat of what is lawful and good in the earth..." In this verse, Allah is telling us to avoid the foods He forbids such as swine, alcohol, and animals that die naturally. Instead, our diets should include many healthy and fresh foods.

Also in Chapter 7, Verse 32 of the Holy Qur'ān, Allah says: "O children of Adam! ... eat and drink, but be not immoderate! Surely, He does not love those who are immoderate." In this verse, Allah the Almighty is informing us that it is alright to eat unhealthy foods once in a while, but we should never eat too much, so that we can maintain good health.

The Holy Prophet Muhammad (peace and blessings of Allah be on him) has said, "Listen my child! Say the name of Allah, eat with your right hand and eat from that which is in front of you." (Bukhārī) Through this Hadith, the Prophet (peace and blessings of Allah be on him) is saying that reciting the name of Allah before every meal is necessary, as Allah provides us with food. It is also saying that eating only from what is on your plate not only shows good manners, but also prevents one from overeating.

Healthy foods can also be very delicious. The Holy Qur'an mentions figs, honey, dates, and pomegranates as Divine foods, and all of these are both nutritious and delicious.

In addition to eating healthy, we should also exercise. Instead of watching television, we can jump rope with friends or go walking through the neighborhood without our family. At school, taking part in sports and exercising during Physical Education is also very important.

I would like to finish this article by mentioning a verse from Chapter 6, verse 118 of the Holy Qur'an: "Eat, then, of that over which the name of Allah has been pronounced, if you are believers in his Signs."

If we follow the teachings of Islam, we are bound for both physical and spiritual success.

## EVERYBODY NEEDS HEALTH

**Haseeb Khan/ 8/ LA West**

Everyone needs good health. Society is right when they say health is very important. Many people in the world decide to do drugs like smoke cigarettes, and drink alcohol, and there are many more bad things for the body. But Allah has forbidden us to do drugs in the Holy Qur'an. We should encourage people that do drugs to stop what they are doing. The reason why I am telling you all this is not just for you it is for everyone in this world and for Allah's happiness. I am also telling you this because if you do drugs you are doing a sin, and when you do a drug you get addicted to it. The more you do drugs, the closer you are to getting diseases that lead to death. So, be thankful to Allah for the good health he has given you.

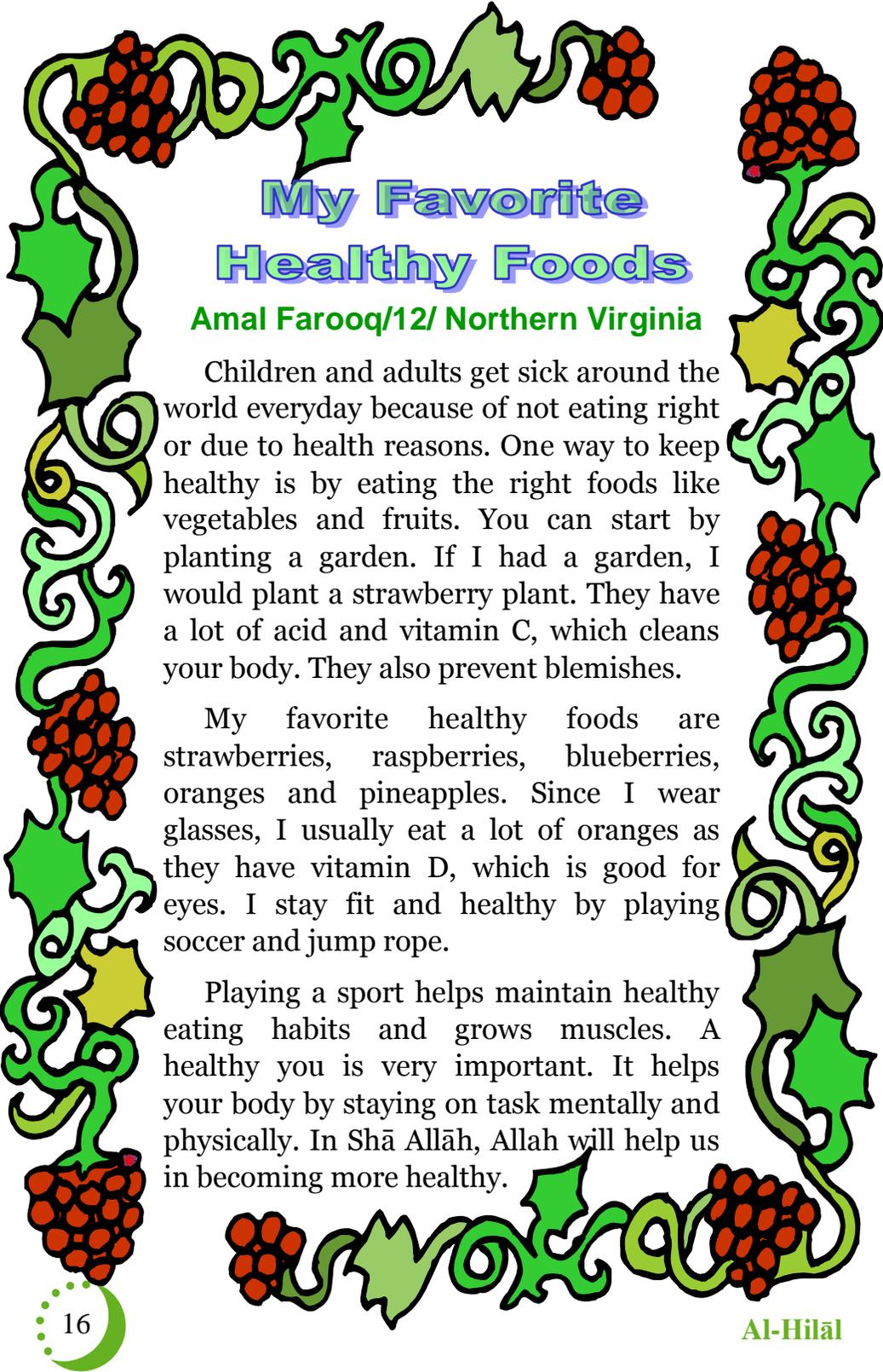


# Staying Healthy

**Tahira Tauyyab/ 10/ Central Virginia**

So now I'd like to tell you what being healthy is all about  
Come here and listen and I'll tell you without a doubt  
Fruits like bananas, apples, and cherries too...  
These fruits keep you away from the scary flu  
They make your bones strong and full of calcium  
These healthy foods you eat are yummy, yum, yum  
Green beans, broccoli, cauliflower—please don't cry  
Eat these veggies and you'll find out why  
Eat them right now, it's not a joke  
Because they keep you healthy and DON'T make you choke  
They're the key to calcium, nutrition, and vitamins  
Like some citrus fruits, poultry or a fish's fins  
Don't throw these important foods away...  
So they keep you safe from the flu these days  
Remember they keep you healthy and safe from harm  
So eat these foods or you might get sick from arm to arm





## My Favorite Healthy Foods

**Amal Farooq/12/ Northern Virginia**

Children and adults get sick around the world everyday because of not eating right or due to health reasons. One way to keep healthy is by eating the right foods like vegetables and fruits. You can start by planting a garden. If I had a garden, I would plant a strawberry plant. They have a lot of acid and vitamin C, which cleans your body. They also prevent blemishes.

My favorite healthy foods are strawberries, raspberries, blueberries, oranges and pineapples. Since I wear glasses, I usually eat a lot of oranges as they have vitamin D, which is good for eyes. I stay fit and healthy by playing soccer and jump rope.

Playing a sport helps maintain healthy eating habits and grows muscles. A healthy you is very important. It helps your body by staying on task mentally and physically. In Shā Allāh, Allah will help us in becoming more healthy.

# My Favorite Healthy Foods

Fareeha Aslam/9/ Northern Virginia



I think we all can be healthy by eating good food, exercising and by drinking lots of water.

If you plant a garden, you are helping the environment and you are also exercising since you are outside doing something rather than being inside watching TV.

Many children are getting sick because they eat candy and chocolates. They are watching too much TV and are not doing any kind of exercise.

My favorite healthy foods are mangoes and bananas. If we can do all the things we need to do—like eating healthy foods, exercising and drinking lots of water—we can all be healthy.

# To Stay Healthy

Rashid/ 6/ Washington DC

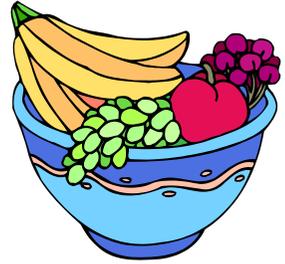
To be healthy a lot of things need to happen. I try to eat healthy stuff. Fruits are very good for us. I eat a lot of apples, bananas, pears and much more. I try my best not to eat fast foods, like McDonald's. My mom and dad grew tomatoes, peppers and eggplants in the garden and I helped. My sister and I love to play outside. We all should play or exercise for at least 60 minutes a day. Jazākallāh.



# My Favorite Foods

Mahnoor Butt / 8 / Northern Virginia

My favorite foods are apples, grapes, and bananas. You should eat all kinds of fruit to be healthy but don't eat too many or it might not be too healthy. Also you should do lots of exercise. Exercise helps you loose weight and it makes you look fit. You can play jump rope, soccer, dodge ball, basketball or tennis.



If you are planting a garden, you should plant healthy stuff like tomatoes, water melons, apple trees, pumpkins and lots more stuff.

You should spend at least 20 minutes of your day exercising because you do not want to be overweight, DO YOU? Well try these things and you will be as healthy and fit as you want. You want to jog, jog, jog for 20 minutes or ride your bike for 20 minutes. If you get tired, take a 5-minute break then start again. Try these things and you will be fit in no time.

## Salat Poster

18" x 24"

Arabic with English translation and transliteration.

Send \$2 per copy and your mailing address to

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Spring, MD 20905.



# Do Everything in Moderation

Fatima Khan/ 14/ Northern Virginia

Many of the kids today are obese and overweight. About 13.5% of kids are obese and 17% are overweight.

There is a Ḥadīth that says to do everything in moderation, including eating.

Exercising is very important. You should exercise everyday for at least 30 minutes. Some easy ways to exercise are riding your bike, or playing basketball with your friends.



Eating healthy is also very important. Healthy foods are fruits and vegetables. My favorite vegetables are carrots and I like all fruits. Eating healthy and exercising daily are important and should be part of your daily routine.

## ***Disclaimer***

The material presented herein reflects the original content of the authors. To the extent possible, Al-Hilal staff have attempted to screen the material for accuracy and appropriateness but some oversights may have occurred. If the reader identifies a mistake and/or would like to comment on some of the material, please contact Al-Hilal staff (thealhilal@yahoo.com).

# How To Stay Healthy

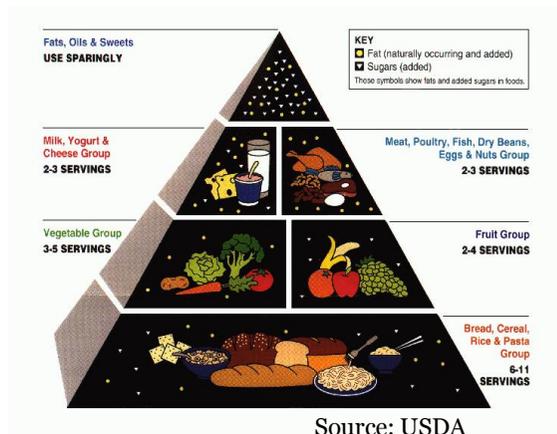
Ayesha Mughal/ 12/ Northern Virginia

People in the USA and other countries are becoming obese because they eat at greasy restaurants and they eat a lot of junk food. Many just won't stop. Obesity mostly happens among kids because they cannot control themselves in front of candy, chocolates, chips, cake and ice cream instead of eating healthy stuff like vegetables and fruits. Nowadays, kids do not go outside and exercise, instead they play video games that are bad for their eyesight and health.

Here are some tips to stop one's self, friends and family from becoming obese:

- Follow the food pyramid, which tells us about what are healthy foods.
- Start exercising every day for about 30 - 60 minutes by running, yoga (my favorite), etc.
- Keep your mind off video games by getting involved in other activities like planting a garden of fruits, vegetables and flowers.
- Focus on positive thoughts like:  
"vegetables are good for you." But do not overeat, as it will make you sick.

And that's what you can do to **STAY HEALTHY.**



Source: USDA

# A Pure and Healthy Life

**Naimul Quloob/ 10/ Northern Virginia**

Kids do not get enough exercise because they are not eating healthy. They are always in a rush to eat quickly so that they can sit on the computer or watch a TV show. We should eat three times a day and should not munch continuously on junk food. I love to eat chicken boti with roti, banana, grapes cucumber, peas, carrots, cabbage and chocolate milk.

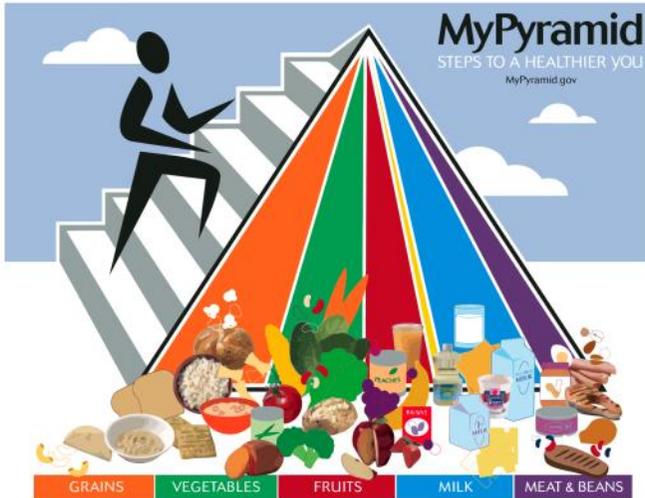
I love apples, so I would plant apples in my garden because “an apple a day keeps the doctor away.” The more apples I can have the more I would love to eat them fresh from my garden all year long.

While trying to eat healthy, we should not overeat no matter how healthy the item may be, because anything in excess is bad and Islam says to do everything in moderation. Islam provides guidance for a pure and healthy life. The Holy Qur’ān says, “O ye who believe, eat of the good things We have provided for you and render thanks to Allah, if it is He whom you worship” (2 [Al-Baqarah]:173).

As Ahmadi Muslims, we should try our best to eat all Halāl, that is, allowed, foods and we should also make time to go for a 30-minute walk every day. We should be very active.

# THE FOOD PYRAMID

Nida Ahmad/ 11/ Northern Virginia



Kids and adults should maintain a healthy diet everyday. One way to do this is to follow the Food Pyramid. By following this pyramid your body will get the right amount of fruits, vegetables, grains and other food items.

Another way you can stay fit is by exercising. When you exercise, your body burns some of the extra calories. This helps your body stay fit. Two forms of exercise include playing sports or physical activities that involve a lot of movement. Instead of playing video games or going on the computer, you should do something active like soccer. Playing video games affects your eyesight and make you lazy and dull.

The third way you can stay healthy is to keep a garden. You could plant tomatoes, peppers, and other healthy foods. All of these ways make up a fit and healthy body.

# Eat with Moderation

Nooria Piracha/ 12/ Northern Virginia

Many young people in today's generation are all very unhealthy or suffer from obesity. Obesity can be from their emotional stress, the way they feel about themselves or because they eat their hearts out. But generally they love to eat at fast food restaurants, that is, McDonalds, Burger King, Taco Bell, etc. They eat processed snacks with too much sugar and fat. People think that it is the fast food restaurants' fault but people already know the ingredients in fast food, so all the blame cannot go to fast food chains. One Ḥadīth says: "Eat with moderation."



So the ways to stay fit are to: exercise at least 30 minutes per day, eat organic foods, and plant a garden. Planting a garden is one of the best ways to get fresh organic food. Plant vegetables and fruits. But you have to remember you need sugar in your body to maintain good blood sugar. Just remember to eat moderately and be open to new things.



# Healthy Foods Make You Strong

Sabina Khan/ 7/ Northern Virginia

You need to eat healthy foods because they make you very strong. Carrots and tomatoes would be very good to put in a garden because they are very healthy foods. I like chicken nuggets, broccoli, milk and apples as my favorite healthy foods and drink.



Kids should exercise also. Jog every morning and do push-ups for strong muscles. Also, I love to jump rope and that's another way to stay fit. Remember to eat good healthy foods and exercise.

## I Want To Stay Healthy

Sahar Khan/ 6/ Northern Virginia

Sometimes we eat a lot of junk food like candies and chocolates because they are easy to eat and we can focus on watching TV. I want to stay healthy so I eat apples and bananas. I love apples and bananas. They are really healthy and help you grow really tall.



I love playing with toys and jumping around the room because it will help me stay active and have fun. I also like to go walking and running to stay healthy and fit.

If I were to plant a garden, I would plant broccoli, apples, bananas, oranges and peaches. I would put them in the garden because they taste good and are healthy.

# My Health Acrostic Poem

Zohaa Ahmad/ 9/ Northern Virginia

M My body  
Y Yummy and healthy  
H Healthy mind and body  
E Eating Healthy  
A Allowing healthy habits  
L Learning to eat healthy  
T Turning to good things to eat  
H Having a healthy diet



## *Eating Healthy*

Nuriya Rodney/ 7/ St. Louis, Missouri

*(under the guidance of her parents)*

Staying healthy means eating healthy. A good Muslim has healthy eating habits. Eating healthy helps you avoid the three Cs of bad foods.

The 3 Cs are comfort, convenience, and chemicals.

French fries are comfort foods because they remind you of McDonald's and Happy Meal toys.

Chips and cookies are convenient foods because you can get them yourself without mom and dad's help.

Candies, like airheads, are chemical foods because they have chemicals like Maltodextrin in them. Eating healthy means using the food pyramid to choose what foods you should eat more of or less of.

# A HEALTHY BELIEVER

**Aiza Butt/ 7/ Dallas**

Ḥaḍrat Muhammad (peace and blessings of Allah be on him) has said, “A healthy believer is better than a (physically) weak believer.”



To stay healthy I sleep nine hours a night.

I avoid eating outside. I like to eat food made at home.

Instead of drinking Coke or Pepsi, I prefer mango juice.

I like to eat fruits and vegetables. My favorite fruit is mango and I would love to plant it in my garden.

Physical exercise is also very important to stay healthy.

## My Health

**Fazeela Wadan/9/ Central Virginia**

To me, it is very important to have a healthy lifestyle.

The way I keep healthy and fit is by eating healthy foods and going up and down the stairs time to time. I have many favorite fruits and vegetables like cucumbers, tomatoes, and grapes. I also try to exercise sometimes by walking or running.

I would plant some vegetables like, cucumbers, tomatoes, and carrots. I would also plant fruits like, watermelons and grapes. I would plant all these fruits and vegetables because I love their taste. All of them are juicy and delicious!

I also try to exercise sometimes by walking or running.

# Mrs. Squirrel's Healthy Classroom

**Aleena Bushra Ijaz/ 7/ Virginia**

Once, Mrs. Squirrel was teaching her class about how to be a healthy animal.

“First, you have to wash your hands so the germs won’t get into your body. Remember to eat with your right hand!” said Mrs. Squirrel.

“Why?” asked a student in a pink dress. Her name is Molly, and she is a chipmunk.

“Muslims should get in the habit of always keeping the right hand especially clean and use that hand for eating so germs are not spread. The other hand can be used for doing everything that might be messy like, blowing your nose or covering a cough.”

“Now, what are some healthy foods we can eat?” asked Mrs. Squirrel.

“I know!” said a boy named Joey, and he was a porcupine wearing a dark blue shirt and blue pants. “Rice and uh... bread!”

“Good!” said Mrs. Squirrel.

A skunk named Olivia, who was wearing a shirt with pictures of birds and a purple skirt, said, “Oatmeal and eggs.”

“Fantastic, those are great ideas!” said Mrs. Squirrel. “Now let’s look at the...”

“FOOD PYRAMID!” everyone in the class said all together.

“You also need to eat lots of fruits and vegetables, and meats like beef, chicken, and fish. Nuts are my favorite snack! Don’t eat too many sweet desserts, candies, or sugary drinks. Do you know why?”

A beaver with sparkling teeth shot-up his hand and said, “My dad is a dentist, and he says too much of those snacks can give you cavities.”

“Awesome, you are correct! And they do not have many nutrients and vitamins that healthy foods have. You need them to give you strong body,” said Mrs. Squirrel.

“A strong body is important. And, so is a clean body,” she continued. “You should take a shower everyday, comb your fur, and trim your claws. And remember to keep your habitat clean.”

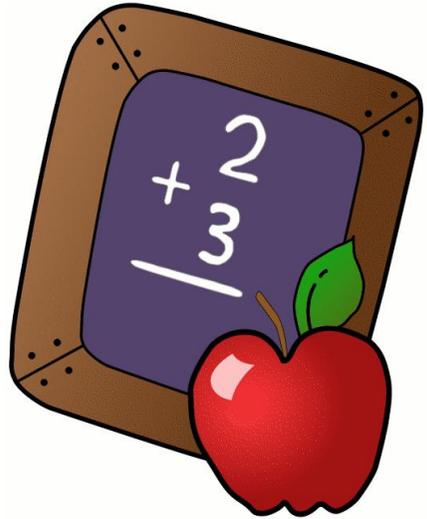
“What else do we need to be a healthy animal?”

“I know!” said a jumpy monkey. “You need exercise like running, swimming, and swinging on monkey bars.”

“Yes! Speaking of monkey bars, I have good news. It is time for outdoor recess!!”

All the kids were excited and yelled, “Yeah!”

The bell rang for recess, and they went out to play.



# My Health

Sosan Malik /13/ Central Virginia

Health.... What does health mean to you? What comes in your mind when you think about it?

Well, the definition of health is the general condition of the body or mind. When you are young, you may not think about your health, your body and what you are distributing inside of it. But as time goes by, you grow older and this all becomes a very big issue. Health is not just about weight or when you get sick, but also about how you take care of yourself.

Lately, I started thinking about this topic and how it has a major effect in our lives. So, what I try to do to stay healthy is exercise during the week after school and then eat a healthy snack or sometimes even dinner. You need to eat in order to lose weight. Starving will just make you fat or weaker!

When I'm sick I don't exercise because it's not good to put pressure when you're weak. When I miss dinner and it's late, I don't eat something big because it's not good for your body.

It is important to eat dinner on time. Breakfast is the most important meal of the day since you need energy to start your day. I'm not a big fan of breakfast, but my mom makes me eat something before I go to school to keep my metabolism going. This is good because it makes me full and focused at school. For example, egg is a good thing to eat in the morning since it has protein. You usually eat three big meals a day.

But, instead of stuffing yourself during those times you should chop it up into five small portions during the day just like we have five daily prayers. Here are some ideas:

1. Breakfast

2. At school, have a healthy lunch from home instead of those oily foods served at school.

3. When you come home, eat a piece of fruit or something to keep you going until dinner.

4. Dinner.

5. A warm bedtime drink to make you fall asleep.

**DIETS ARE A BIG NO NO!** The weight loss industry is a scheme created to make people think they are fat so they will purchase their products.

Cleaning also goes under the health category. If you live in a clean environment, there is less chance you will get sick. It's never too late to become organized and clean. Believe it or not but becoming clean and organized can lead to a healthy lifestyle both physically and mentally.

Going outside is good for the body and to get fresh air. You can find reasons to go outside by doing activities such as gardening. Plant some fruits and vegetables instead of buying the store bought ones because they put all kinds of extra things while planting.

So, as you can see health plays a big role in your life. The healthier you are, the longer you will live!

Remember peaceful activities such as Salat and Qur'ān, can also help your health because it can purify the mind.

# *The Best Part of a Muslim*

Hania Mansoor/14/Detroit

Everyone has their ups and downs, their good and bad, their naughty and nice, their busy and their free time, and everything else that comes with being a human, even if they are a Muslim. I mean, obviously nobody's perfect. But that does not mean that they cannot have the time or the ability to think about and follow their religion.

What exactly do I mean by that? Well, an average human being can only do so much in the little free time they have. And some people just stand around bored and doing nothing interesting (sounds like me sometimes!). My parents always tell me to go do something useful and "time-consuming." They want me to study my religion some more, like go online and read different things about Islam and the Holy Prophet (peace and blessings of Allah be on him). So, when I do, it honestly is useful, I learn a lot from it, and I spend more time being "religious" rather than wasting that time. Time is precious!

When I go to Jama'at events, or get involved in the Muslim club in my school, I feel like I am closer to Allah, and that I am making a connection with Him. No matter where I am, I can do something to make me feel closer to Allah, like offering Salat and reading the Qur'an. Even when I make sacrifices for the Jama'at, like missing a school event to go for Jum'ah (or anything that relates), I feel closer to Allah. What could feel better than being Allah's BFF (best friend forever) ?!

That's the best part of a Muslim, the part that is religious,

and makes sacrifices for the cause of their community. There are many different parts to Muslims, which include the parts that are right, and that are religious. So, what exactly is the best part of a Muslim?

Like I said before, the part that is true to their religion, and follows their religion with all the strength in their heart, and their mind, is definitely the best. Like the part that would do literally anything to make Allah happy and earn His blessings. The part that would stand up for their religion until the day they die. That part, that one little part of a Muslim, can make a really big impact on not just that person, but the rest of the world.

My basic point from all this is that the religious part that is inside of you, no matter how big or small, is still a part of you. Nothing can change that. YOU live YOUR life. YOU decide how much you want to be involved in your religious community. But remember this: the more involved you are, the more you become interested, the more your heart begins to love it, the more connected you become with Allah, and the faster that part will become the best. Do not worry, you can feel it. You will start to have fun and be more interested in your religion. You might even grow up to be a bigger part of the Jama'at. Like being an important secretary of something. But you have to use that part to do it.

*There should be no compulsion in religion. Surely, right has become distinct from wrong; so whosoever refuses to be led by those who transgress, and believes in Allah, has surely grasped a strong handle which knows no breaking. And Allah is All-Hearing, All-Knowing.* Chapter 2, Verse 257.

In this verse of the Holy Qur'ān, Allah has said that religion should not be forced, and that whoever chooses to

believe in Him, and follow the path He has blessed us with, will surely succeed in the future. If you use that part that you have inside, you will feel like there is nothing that can stand in your way from following your religion, and being a good a Muslim. If we accept our religion without being forced into it and from the bottom of our hearts, then we can follow it the same way, and make Allah and ourselves happy. That as the best part.

# My Health

**Leeza Ahmad/ 8/ Central Virginia**



You can stay healthy by eating fruits and vegetables. You can make a salad, or maybe a vegetable sandwich, or maybe a delicious banana smoothie. You can stay fit by exercising at home or the gym. You should do active things, like jump-rope or tennis. You should try to exercise once or twice a week.

My favorite fruits are bananas and apples. On a hot day, I like to make a banana smoothie and have it with a yummy apple. My favorite vegetable is cauliflower. My mother sometimes makes this for dinner or lunch.

I would like to plant an apple tree in my garden, because eating apples helps you get more energy and is good for your health. I am sure that an apple tree would also look great in my garden.

# Fitness & Exercise

Aisah Anjum /9/ Illinois  
(under the guidance of her parents)

Everyone needs exercise. Does it matter how old you are? No it does not. If you do not exercise you may get sick or ill. That is not good.

Some healthy foods are liked and some are not. Pasta and bread are mostly liked and green beans are not liked as much. Pasta and bread are foods that give you energy. Some people think it not good to eat these a lot. This is true if you are trying to lose weight. But these foods can also help your muscles.

A lot of people think they do not need to exercise because they are getting old. It does not matter how old you are because it is always important to keep your body in shape.

Here are some exercise ideas:

- Play a game that involves moving
- Jog in one place
- Play a game with your friends like tag
- Run around
- Walk outside in the fresh air
- Brisk walk is the best exercise as well as easy too.



The Holy Prophet Muhammad (peace and blessings of Allah be on him), the Promised Messiah (peace be on him) and Hadrat Khalifatul-Masih IV (Allah's mercy be on him), all used to go on brisk walks.

Just remember to eat healthy, exercise, and have fun.

# MY HEALTH

Maahum Malik/ 14/ Potomac

There are many ways to stay fit and healthy. The ways I stay fit and healthy are to eat the right amounts of nutritious foods and to play sports every season. The healthy foods that you choose are not only fruits and vegetables. In your diet, you need all the food elements



that are in the food pyramid. There is a certain amount of food that is needed in your diet. You can check the amounts of different types of food you need by going to [www.mypyramid.gov](http://www.mypyramid.gov).

To keep fit, you need to exercise 30 minutes a day. For example, you can lift weights and run up and down the stairs or you can join a sports team. I play lacrosse in the spring, soccer in the fall, and basketball in fall and winter. These are some ways to keep active and fit.

To see if you are fit, check your weight and height ratio. There is a certain ratio of height and weight that tells you when you're healthy and fit.

# My Health

## Anum Javid/ 13/ Potomac

Health is a state of complete physical well-being. As humans, we should always keep ourselves healthy by taking care of our bodies by eating healthy and exercising regularly.

In the Qur'ān, Allah says, "O mankind: Eat of what is lawful and good on the earth" (2:168). In other words, eat what is healthy like fruits, vegetables, and grains instead of candy and chocolates that will damage your teeth and will do you no good.

"And from the fruits of date palm and grapes you get wholesome drink and nutrition: Behold in this is a sign for those who are wise" (Qur'ān 16:67). In this verse we see Allah's guidance of living a simple life.

Our beloved Prophet (peace and blessings of Allah be on him) used to open his fast with a date, and, if unavailable, he used salt.

When we see all the different foods we have easily available, especially junk food, we feel a need to have them. These are the artificial needs that we, as Muslims, need to eliminate.

Exercise is another huge factor in one's well being. The Holy Prophet (peace and blessings of Allah be on him) encouraged exercise and physical sports. We should follow the Holy Prophet's example and try to live simple, healthy, righteous lives.

# HOW I EAT HEALTHY AND EXERCISE

**Seher Ambar Khan /6/ Los Angeles East  
(under the guidance of her parents)**

It is important to eat healthy food and do lots of exercise.

My favorite healthy foods are broccoli and green beans and my little brother Rehan's favorite foods are chicken and macaroni and cheese, which can be healthy but you cannot eat too much. I like to eat cookies but these are not healthy so I can only eat one if I finish my healthy food. We also eat our vitamins which taste like candy!

I run laps at my school every morning for exercise. I am also learning how to swim. Rehan plays little league baseball, which is good exercise. We also play on the Nintendo Wii, but this is not exercise so we only play a little bit.

We should always pray to Allah to keep us healthy.

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# MY HEALTH

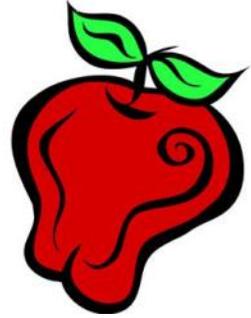
Saamia Bashir/ 9/ Potomac

In the U.S. today, one out of three kids are considered overweight or obese. The reason for this is that today's kids spend less time exercising and more time playing video games or watching TV. At the same time, they are eating junk food or foods that are high in fat. Many kids are not eating nutritious food because often parents are too busy to cook healthy meals at home. Often the easiest solution to a meal is stopping at a fast food restaurant and picking up foods such as burgers, fries, or pizza. Not only do we become overweight by eating junk and fatty foods but also by eating too much food. There are many restaurants which have all-you-can-eat buffets. This means that one can eat more than necessary. The restaurants also serve meals in portions that are too large. Obesity causes many health problems. Some of the diseases caused by obesity are heart disease and diabetes.

Islam has a perfect solution to the problem of obesity. The Holy Prophet Muhammad (peace and blessings of Allah be on him) said that one should eat only so much that would leave him a little bit hungry. The Holy Prophet (peace and blessings of Allah be on him) also said that moderation is best. This Ḥadīth means that one should not eat too little or too much; rather moderation should be practiced.

Allah has provided us with all the food that we need to stay alive. He has forbidden us from eating pork or meat from dead animals. But He has told us to eat the good things. The

Qur'ān says, "O ye men! Eat of what is lawful and **good** in the earth." (2:169). We also read in the Qur'ān, "O ye who believe, eat of the **good** things We have provided for you and render thanks to Allah, if it is He Whom you really worship" (2:173).



Good health can be achieved by eating more fruits and vegetables and less meat that contain fat. One also stays healthy by exercising daily. I stay healthy by eating fruits and vegetables and staying away from junk food and soda. I also exercise regularly. My favorite foods are all kinds of fruits and vegetables, though I do not like cilantro. There was a time when I did not care for raisins very much, but lately I have begun to like them. Even though I love soda, I try to limit myself and have it occasionally. I enjoy sports, and the one that I like the most is basketball. I like playing tag with my friends which involves running. If I were to have a vegetable and fruit garden in my backyard, I would plant tomatoes, carrots, pears, apples, and grapes because these are my favorite foods and are healthy.



If all of us follow the teachings of the Qur'ān and the Holy Prophet (peace and blessings of Allah be on him), we would be healthy. The main thing to remember is not to be excessive but always remain moderate. Allah says in the Qur'ān, "O children of Adam! Take your adornment at *every time* and place of worship, and eat and drink, but be not immoderate. Surely, He does not love those who are immoderate" (7:32).

# My Health

**Shamyla Malik/ 12/ Potomac**

Health is very important. You can get sick and have diseases from not eating healthy food. One example of a disease is diabetes.

Eating healthy food does not mean you have to give up all your favorite junk food. You should limit the amount you eat and use moderation in everything you eat.

Brushing your teeth regularly is also an important part of staying healthy.

# My Health

**Aden Soha Ahmad / 8/ Potomac**

The five pillars of Islam can help us to be healthy.

The Kalima helps us worship one God and pray for our health. Salat helps us because we have to do Wudū before praying and this helps clean germs from us. Fasting helps us because it is like being on a healthy diet. Hajj helps our health because it includes a lot of exercise to perform the pilgrimage at Mecca. Zakat helps others become healthy because we give money to help the poor have food and water.

# Health

## **Kiran Mahmood/ 9/ Houston**

Health is very important in all of our lives. Mā Shā Allāh, I feel very blessed to have my mother who is a physical therapist. I am not only blessed to have her, but my whole family who works hard to live healthy! With her knowledge about health, she keeps us healthy and fit. My mother helps us eat LOTS of fruits and veggies and takes us to the gym to exercise and play around. She makes sure we have outdoor activities EVERY day! She makes it fun, and it's healthy for us to run around and exercise! She also says that America's obesity rate is really high, and that means that little kids and big adults are not eating healthy and getting enough exercise. Then because of that they get fatter.

My mother also makes healthy and fun snacks for us. Instead of fatty chips and a soda, she gives us carrots, celery, and orange juice. They are both yummy and healthy!

My top favorite healthy foods are cucumbers, carrots, and celery! These healthy foods are very yummy and nutritious! These veggies are probably the ones I would want to plant in my garden because they're REALLY yummy and healthy, and I always eat them. They'll never run out because, when we run out at home, I can go outside and grab some fresh ones!

I hope everyone can try to promise to lead a healthy and nutritious lives for your own benefits. In Sha Allah, we all can live a healthy and happy life! Jazakallah for reading my article!

# Health and Fitness

**Misbah Sehar Ahmad and Parents / 6/ Denver**  
(under the guidance of her parents)

My dear friends! What is Health and Fitness?

It keeps the germs away and Sickness

Follow the guidelines from Food Pyramid

To include the healthy diet ideas in your meals

Get a lot of Exercise by playing, walking, running

Whatever you do that makes you move, burn calories away

Playing couch potato video games is a bad idea

Playing Wii Fit games might be a better idea

Snack on vegetables but not on chips and chocolates

Don't eat more than what you feel necessary to fill the  
stomach

Our beloved prophets Muhammad and Ahmad used to get by  
with a little food a day

We should follow their foot steps to go the same way

That will be the secret to remain healthy and active

Cleaning the Mosque or doing Waqar-i-Amal is also a great  
idea to remain active

# **A Note from the Nurse's Office**

Nurse Nusrat Jahan Qadir, North Jersey Jama'at

Many of you have probably heard of the word exercise and have been told that it is something you should do. Perhaps you have heard your parents moan and groan about doing it and think it is a negative thing, but in reality it is quite the opposite, especially when you are young. Exercise while young comes easy since much of youth playtime can be considered exercise and is a source of great fun. Yet as we get older we give little time for “play” and tend to think of everything as work. If you think of all you do as different play activities then perhaps squeezing in time for exercise will not seem like a chore when you get older.



Developing the habit of physical activity on a daily basis will help your body stay healthy in many ways. Here are a few points to think about for now and hopefully will be tips you can take as you become adults. Taking care of yourself is a way to thank Allah for the health and able body Allah has blessed you with. So take time to thank Allah when you pray and then take care of yourself by making time to play.

Be sure to combine healthy nutritious eating with exercise to maintain a healthy lifestyle.

Aerobic exercise burns fat by increasing your heart rate. After 20 minutes your body uses stored fat for fuel. This type of exercise done at least three times a week for 30 minutes or more will help you raise your metabolism and burn fat.

Anaerobic exercise does not burn fat but helps build muscle. The more muscle you have the more calories you burn. This type of exercise includes push ups, stomach crunches, lifting weights and pull ups.

When doing aerobic exercise you should be able to talk but not able to sing that well. This way you know you are at the exercise pace. Don't push yourself and always listen to your body if it signals you to stop. Be sure to drink plenty of water!

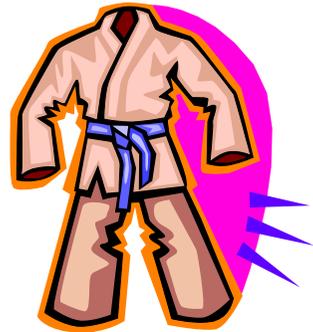


Make certain that your parents are involved to help you succeed. If you are under a doctor's care, seek your pediatrician's approval prior to starting any physical activity.

Keep it fun and smile and see if you can include your family and friends.

Aerobic exercises include ( good for all ages especially 7 and up)

- bicycling
- swimming
- soccer
- skating / rollerblading
- jogging & running
- karate
- basketball
- hockey
- rowing
- tennis / squash / racquetball / table





tennis

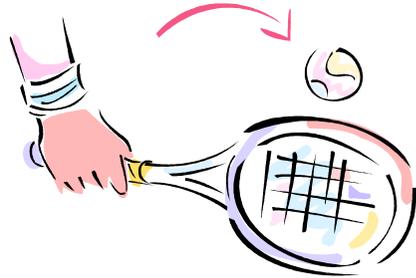
- walking (fast)
- netball
- wrestling
- lacrosse

Good Activities to start for  
Ages 6 and Under (can be  
done for all age groups)

Gymnastics (tumbling)

Four square

Hopscotch



Playing Frisbee

Badminton

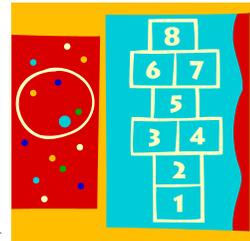
Jump/Skipping rope

Swimming

Karate

Tag

Kickball



Nusrat Jahan Qadir received her B.S. in Exercise Physiology with a minor in Child Development and is a former personal trainer for 3 years. She also received her B.S. in Nursing, specializing in neonatal and pediatrics and is a practicing pediatric nurse for fifteen years now, Ma Sha Allah.

# DO YOU KNOW?

Do you know the names of the fruits mentioned in the Holy Qur'an? Write the ones you know and then compare with the ones given at the end:

\_\_\_\_\_

\_\_\_\_\_

Do you know the names of the vegetables mentioned in the Holy Qur'an? Write the ones you know and then compare with the ones given at the end:

\_\_\_\_\_

\_\_\_\_\_

Do you know the names of the grains mentioned in the Holy Qur'an? Write the ones you know and then compare with the ones given at the end:

\_\_\_\_\_

Do you know the names of the trees mentioned in the Holy Qur'an? Write the ones you know and then compare with the ones given at the end:

\_\_\_\_\_

Do you know the names of the animals mentioned in the Holy Qur'an? Write the ones you know and then compare with the ones given at the end:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Fruits: Banana, Date, Fig, Grape, Pomegranate.

Vegetables: Corn, Cucumber, Herbs, Garlic, Ginger, Gourd, Onion.

Grains: Lentil, Wheat. Other edibles: Honey, Milk, Oil, Water.

Trees: Palm, Olive, Lote.

Animals: Camel, Cow, Dog, Donkey, Elephant, Horse, Lion, Monkey, Pig, Sheep.



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**E-mail Submissions to:**  
**[thealhilal@yahoo.com](mailto:thealhilal@yahoo.com)**

# THE HOLY QUR'AN ON FOOD

[6:142] And He it is Who brings into being gardens, trellised and untrellised, and the date-palm and cornfields whose fruits are of diverse kinds, and the olive and the pomegranate, alike and unlike. Eat of the fruit of each when it bears fruit, but pay His due on the day of harvest and exceed not the bounds. Surely, Allah loves not those who exceed the bounds.

[6:143] And of the cattle He has created some for burden and some for slaughter. Eat of that which Allah has provided for you, and follow not the footsteps of Satan. Surely, he is to you an open foe.

[6:146] Say, 'I find not in what has been revealed to me aught forbidden to an eater who wishes to eat it, except it be that which dies of itself, or blood poured forth, or the flesh of swine — for all that is unclean — or what is profane, on which is invoked the name of other than Allah. But whoso is driven by necessity, being neither disobedient nor exceeding the limit, then surely thy Lord is Most Forgiving, Merciful.'

[16:115] So eat of the lawful and good things which Allah has provided for you; and be grateful for the bounty of Allah, if it is Him you worship.

[16:116] He has made unlawful for you only that which dies of itself and blood and the flesh of swine and that on which the name of any other than Allah has been invoked. But he who is driven by necessity, being neither disobedient nor exceeding the limit, then surely, Allah is Most Forgiving, Merciful.

[16:117] And say not — because of the falsehood which your tongues utter — 'This is lawful, and this is unlawful,' so

as to forge a lie against Allah. Surely, those who forge a lie against Allah do not prosper.

[5:2] O ye who believe! fulfil your compacts. Lawful are made to you quadrupeds of the class of cattle other than those which are being announced to you, except that you should not hold game to be lawful while you are in a state of pilgrimage; verily, Allah decrees what He wills.

[5:4] Forbidden to you is the flesh of an animal which dies of itself, and blood and the flesh of swine; and that on which is invoked the name of one other than Allah; and that which has been strangled; and that beaten to death; and that killed by a fall; and that which has been gored to death; and that of which a wild animal has eaten, except that which you have properly slaughtered; and that which has been slaughtered at an altar...

[5:5] They ask thee what is made lawful for them. Say, 'All good things have been made lawful for you; and what you have taught the beasts and birds of prey to catch for you, training them for hunting and teaching them of what Allah has taught you. So eat of that which they catch for you, and pronounce thereon the name of Allah. And fear Allah. Surely, Allah is quick in reckoning.'

[5:6] This day all good things have been made lawful for you. And the food of the People of the Book is lawful for you, and your food is lawful for them...

[6:119] Eat, then, of that over which the name of Allah has been pronounced, if you are believers in His Signs.

[6:120] And what reason have you that you should not eat of that over which the name of Allah has been pronounced, when He has already explained to you that which He has

forbidden unto you — save that which you are forced to? And surely many mislead others by their evil desires through lack of knowledge. Assuredly, thy Lord knows best the transgressors.

[6:122] And eat not of that on which the name of Allah has not been pronounced, for surely that is disobedience...

[5:88] O ye who believe! make not unlawful the good things which Allah has made lawful for you, and do not transgress. Surely, Allah loves not the transgressors.

[5:89] And eat of that which Allah has provided for you of what is lawful and good. And fear Allah in Whom you believe.

[5:91] O ye who believe! wine and the game of hazard and idols and divining arrows are only an abomination of Satan's handiwork. So shun each one of them that you may prosper.

[5:92] Satan desires only to create enmity and hatred among you by means of wine and the game of hazard, and to keep you back from the remembrance of Allah and from Prayer. But will you keep back?

[5:94] On those who believe and do good works there shall be no sin for what they eat, provided they fear God and believe and do good works, and again fear God and believe, yet again fear God and do good. And Allah loves those who do good.

[5:95] O ye who believe! Allah will surely try you in a little matter: the game which your hands and your lances can reach, so that Allah may distinguish those who fear Him in secret. Whoso, therefore, will transgress after this shall have a grievous punishment.

[5:96] O ye who believe! kill not game while you are in a state of pilgrimage. And whoso amongst you kills it

intentionally, its compensation is a quadruped like unto that which he has killed, as determined by two just men from among you, the same to be brought as an offering to the Ka'bah; or as an expiation he shall have to feed a number of poor persons, or fast an equivalent number of days, so that he may taste the penalty of his deed. As for the past, Allah forgives it; but whoso reverts to it, Allah will punish him for his offence. And Allah is Mighty, Lord of retribution.

[5:97] The game of the sea and the eating thereof have been made lawful for you as a provision for you and the travellers; but forbidden to you is the game of the land as long as you are in a state of pilgrimage. And fear Allah to Whom you shall be gathered.

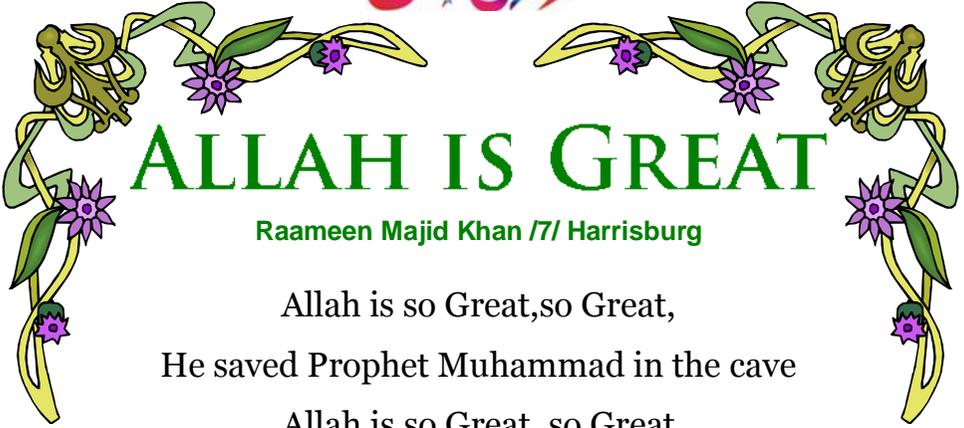
[7:32] O children of Adam! look to your adornment at every time and place of worship, and eat and drink but exceed not the bounds; surely, He does not love those who exceed the bounds.

[2:169] O ye men! eat of what is lawful and good in the earth; and follow not the footsteps of Satan; surely, he is to you an open enemy.

[2:170] He only enjoins upon you what is evil and what is foul, and that you say of Allah what you do not know.

[2:173] O ye who believe! eat of the good things We have provided for you, and render thanks to Allah, if it is He Whom you worship.

[2:174] He has made unlawful to you only that which dies of itself, and blood and the flesh of swine, and that on which the name of any other than Allah has been invoked. But he who is driven by necessity, being neither disobedient nor exceeding the limit, it shall be no sin for him. Surely, Allah is Most Forgiving, Merciful.



# ALLAH IS GREAT

Raameen Majid Khan /7/ Harrisburg

Allah is so Great,so Great,  
He saved Prophet Muhammad in the cave

Allah is so Great, so Great

He saved Prophet Noah from the flood by a boat

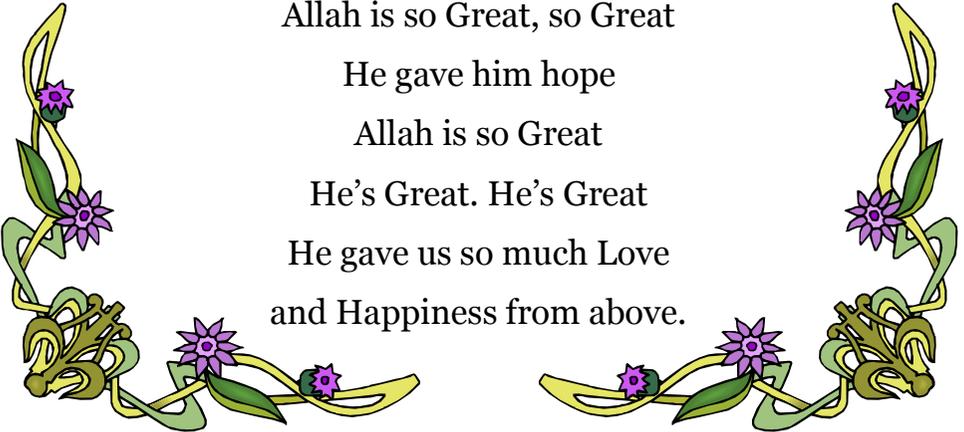
Allah is so Great, so Great

He gave him hope

Allah is so Great

He's Great. He's Great

He gave us so much Love  
and Happiness from above.



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PAID  
CHAUNCEY, OH  
PERMIT NO 2

