



Eden Girls

Thursday, 14 September 2023

Dear Parent/Guardian,
Assalaamu Alaikum - Peace Be Upon You

RE: Sunnah Food lesson Year 7

We pray that you and family are in good health, Insha-Allah.

We are writing to inform you that your daughter will be taking part in our 'Sunnah Food' lesson to learn about the foods that our Prophet Mohammad (Peace be upon him) would consume regularly. The lesson is part of the Food and Nutrition curriculum.

This will take place on the week commencing the 18th & 25th of September 2023.

The lesson will be an opportunity to understand the combined health benefits from the Islamic perspective and science.

We encourage parents to have a good discussion with your daughter after the lesson. Do ask her what she has learnt and why it is important? This will help us to connect and revive the Sunnah of our Prophet Mohammad (peace be upon him) and bring us all a healthy lifestyle.

Wassalaam – May peace be upon you,

Amna Mustafa
Food and Nutrition Teacher

Moulana Javed Kachhalia
Faith and Character Education

