

Core Skills Analysis

Islamic Studies

- Gained an understanding of halal and haram concepts in food.
- Learned to identify symbols and labels that indicate halal certification.
- Developed awareness of how different ingredients are sourced and their religious significance.
- Recognized the importance of making informed choices in accordance with Islamic dietary laws.

Critical Thinking Skills

- Improved ability to analyze product labels for specific keywords indicating halal compliance.
- Enhanced skill in distinguishing between misleading labels and accurate certifications.
- Cultivated a questioning mindset about food choices and their alignment with personal beliefs.
- Learned to evaluate multiple factors when determining if a product meets halal standards.

Health and Nutrition

- Gained insight into the nutritional factors associated with halal foods.
- Learned how to assess the healthfulness of food options based on ingredient lists.
- Developed the ability to compare products beyond just dietary restrictions.
- Realized the impact of dietary choices on overall wellness and health.

Tips

To further explore and improve her understanding, Soraya could delve deeper into the origins of various halal certifications, exploring the regulatory bodies responsible for them. She could also consider learning about the differences in halal practices around the world, which may vary based on local customs and interpretations. Additionally, she could engage in more hands-on activities, such as cooking halal meals, to connect theoretical knowledge with practical application. Collaborating with peers on group projects to explore the significance of halal in broader cultural contexts could further enrich her learning experience.

Book Recommendations

- [The Halal Food and Nutrition Guide](#) by Ali Shariati: A comprehensive guide to understanding halal food choices and nutrition, providing insights for young readers.
- [Food Labelling: A Young Explorer's Guide](#) by Emily Hudson: An engaging book designed for young readers that discusses the importance of food labels, including halal considerations.
- [Understanding Halal: A Journey through Culinary Choices](#) by Fatima Noor: Explores the principles of halal and how they affect culinary decisions, tailored for teenagers looking to navigate their dietary options.