AISR Sunday School

Halal and Haram Foods

Book 3

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Understanding Halal and Haram Foods

What Halal and Haram Mean

• Halal means food that is permitted for Muslims to eat.

• Haram means food or drink that is forbidden.
• Muslims should care about what they eat and seek Allah's forgiveness if they knowingly consume what is haram.

Foods That Are Haram

• Pork and pig products are haram.

• Alcohol is haram.
• Dead animals, improperly slaughtered animals, and the predatory animals listed in the lesson are not permissible.

Foods That Are Halal

• Properly slaughtered goats, sheep, cows, chickens, ducks, camels and rabbits may be halal.

• Fish is permissible to eat.
• Muslims should make sure meat is halal before eating it.

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Checking Food Before We Eat

Read the Ingredients

- Check food labels before buying packaged foods.
- Watch for alcohol, lard, animal fats and non-halal gelatine.
- Some additives can come from different sources, so check the source or reliable halal certification.

Important Lessons

- A vegetarian or vegan label does not automatically mean a product is halal.
- Ask a parent or trusted adult when you are unsure about an ingredient.
- Choosing halal food is part of obeying Allah.