

# ISLAMIC PERSPECTIVE

KEY SERMON ADVOCACY TEXT GUIDE MESSAGES TO BE USED  
BY IMAM, SHIEKH, USTAZ, AND OTHER ISLAMIC LEADERS

FOR

PROMOTION OF MATERNAL, INFANT AND YOUNG CHILD  
FEEDING PRACTICES

**KA'IDOJIN MUSULUNCI GAME DA MUHIMMANCIN**

SHAYAR DA JARIRAI DA KANANAN  
YARA ABINCI MAI GINA JIKI  
(NUTRITIOUS FOOD).

DOMIN AMFANIN LIMAMAI  
MASU HUDUBA DA MASU  
WA'AZI DA SAURAN  
MASU ILMANTARWA  
DA FADAKARWA  
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Please handle this document with care and  
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**(Dan Allah a daraja wannan litafi saboda a kwai ayoyin  
Qur'ani Mai girma a cikinshi)**



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We hope that this important document will be used for the purpose intended to contribute significantly towards the prevention of malnutrition in the Country.



## GLOSSARY

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### **Food**

Food is substance eaten, drank or taken into the body to sustain life, promote growth and helps the body to function well.

### **Nutrition**

Nutrition is a process of providing or obtaining necessary nutrients for health and growth. It can also be defined as useful substance for development, reproduction and production.

Food and Nutrition are the way we replenish, get fuel, providing energy for our bodies.

**Malnutrition** -This is a condition that occurs when an Infant/ Child consistently do not consume or absorb the rights amount and types of food and essential nutrients

**Infant-** Refers to a Baby from birth to 12 months (1 year)

**A Young Child-** Is a Child from 12 months to 5years

**Early initiation of Breast Feeding-** Putting a new born to the mother's breast within the first hour of birth.

**Colostrum-** Is the yellow Milk that comes out from the mother's breast immediately after birth and is the first immunization of life and should not be thrown away but be given to the Baby.



**Exclusive Breast Feeding**-Giving a Baby only breast milk and no other foods or drinks nor even water from birth to 6 months of age and continues breast feeding till 2 years. However, medicines, minerals, supplements, drops/syrups vitamins or oral rehydration are permitted strongly on medical ground only.

**Complementary Feeding**-Giving other foods in addition to breast milk from 6 months with continued breast feeding till 2 years and beyond.

**Wasting**- Child too thin for his age (A potential death sentence that requires a drastic action/intervention).

**Stunting**-Child too short for his age (A death sentence, if not addressed after 2 years)

**Under weight** -Weighing less than the normal or expected weight. (Low weight for age)

**Timely**- Giving locally available foods beginning at 6months added to the breast milk

**Safe**- Complementary foods free from germs, not spoilt or rotten prepared with clean water in clean utensils and clean environment

**Adequate**-Feeding child 3-5times daily with combined variety of nutrients-rich foods from energy food group, plant food group, animal food group and fruits and vegetable food group.





**Properly fed**-Encourage child to eat, give help with lots of patience, not force-feeding; increasing amounts as child grows older.

**Fetus** in Arabic means “Janin” which stands for something “veiled concealed or uncovered. Fetus comprise human being that is developing inside the mother’s womb from time of conception.





## SECTION ONE

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### 1.0 PURPOSE, TARGET OF SERMON GUIDE MESSAGES

#### 1.1 Purpose of the sermon guide

This guide is to be employed to support advocacy and community mobilization activities and relevant matters at all levels. It is designed to address burning issues related to Infant and Young Child feeding as well as other vulnerable groups as part of religious bodies' routine activities to provide a road map in integrating advocacy strategic awareness creation that will remove all barriers militating against good nutrition.

#### 1.2 Who should use the guide

This sermon guide is to be used by Islamic Leaders which include Ulamas, Sheikhs, Ustaz, Imams, and Islamic Preachers etc. The document can be used during sermons and other appropriate activities, times, and places.

#### 1.3 Sermon Guide Message

Religion and belief throughout the World are perhaps some of the most significant phenomena in human development. Evidence suggests that behavioral change interventions are more successful with the active participation of **Religious Leadership** as critical



community gatekeepers, influencers, and change agents hence providing a platform for implementing malnutrition preventive initiatives.

The procreation of the human species is part of the divine plan. Hence, Infant and Young Child are trusted in our custody and we are duty-bound to take care of them following our religious teachings and ensure that all appropriate steps are taken to protect them from any harm or mischief to keep the trust bestowed on us by Almighty Allah (God).

Religious Leaders hold the position of trust and responsibility and also possess significant power and control in influencing behavioral change especially in promoting and shaping moral values that impact positively on the lives of millions of their congregants in terms of followership which is a veritable platform of molding opinion of large numbers.

The issue of malnutrition which is gaining prominence globally knows no religious, tribal, regional, political, or any affiliations. Therefore, the need for a strategic spiritual message to address Infant and Young Child feeding practices as part of religious routine activities. The religious leaders will provide the needed guidance and information to integrate advocacy, mobilization, and awareness creation to eradicate misconceptions,



myths, socio-cultural beliefs, inaccurate information, and other practices that are harmful to smooth nutritional intake.

The ultimate goal of this key sermon guide is to provide information from religious context at the community level that will be used by religious leaders such as Imams and Sheikhs, to provide strategic information to members of the community to empower them with skills and knowledge that will support their intellectual attainments and equally dispel all rumors, misconceptions, myths, socio-cultural beliefs, etc which hinders access to good nutrition, and enable them to take positive decisions and disseminate valid information to their congregants on prevention malnutrition.





بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, The Most Gracious and The Most Merciful

Da sunan Allah mai Jinkai mai Rahama

## SECTION TWO

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### 2.0 HISTORY OF PROCREATION, AND ISLAMIC PERSPECTIVES ON HEALTH, FOOD & NUTRITION.

#### 2.1 Introduction

Procreation of the human species is part of the divine plan, Infants/ Children are special gifts from Almighty Allah (God) they are trust in our custody and we are going to be accountable before Allah (God) on how we manage them according to the teachings of Islamic injunctions.

As special gift from Almighty Allah (God) (SWT) we must therefore care well for them and preserve them by implementing the teaching of Islam.

Allah says in the following verses of the Qur'an:

1. يَا أَيُّهَا النَّاسُ اتَّقُوا رَبَّكُمُ الَّذِي خَلَقَكُمْ مِنْ نَفْسٍ وَاحِدَةٍ وَخَلَقَ مِنْهَا زَوْجَهَا وَبَثَّ مِنْهُمَا رِجَالًا كَثِيرًا وَنِسَاءً وَاتَّقُوا اللَّهَ الَّذِي تَسَاءَلُونَ بِهِ وَالْأَرْحَامَ إِنَّ اللَّهَ كَانَ عَلَيْكُمْ رَقِيبًا

سورة النساء : ١



“.... Allah created you from a single person (Adam) and from him (Adam) he created his wife (Hauwa (Eve) and from them both He created many men and women .....” (Qur’an 4:1)

“.....Allah ya halitta ku daga rai guda (Adam) daga gareshi(Adam) ya halitta matarsa (Hauwa) kuma yawatsa daga garesu maza masu yawa da mata.....”(Suratun Nisa aya ta 1)

وَمِنْ آيَاتِهِ أَنْ خَلَقَكُمْ مِنْ تُرَابٍ ثُمَّ إِذَا أَنْتُمْ بَشَرٌ تَنْتَشِرُونَ.

سورة الروم : ٢٠

“And among his signs is this, that He created you (Adam) from dust, and then (Hawwa” (Eve) from Adam’s rib, and then his offspring from the semen , and - behold you are human beings scattered”. (Qur’an 30:20)

“Kuma akwai daga ayoyinsa-Sa, Ya halitta ku daga turbaya, sai gaku kun zama mutum kuna watsuwa”. (Suratur Rum aya ta 20)

Prophet Muhammad Peace Be upon Him (PBUH) says “Each of you is a shepherd, and each of you is accountable for his or her flock”-Narrated by Al-Bukhari



The Noble Prophet also says ***“He is not one of us he who shows no mercy to our young stars”***.- *Sunan Abi Dawud 4923.*

***Bai cikin dayan mu wanda baya tausaya wa yara***

The above Quranic verses revealed how human beings came into existence while the Prophetic Hadith stressed the importance of accountability and mercifulness in all our dealings with one another especially with Children and other vulnerable groups.

## **2.2 Health**

Islam considers human life with a great value and provides for abundant ways that will protect the health of human beings. One of the ways to ensure one’s health, Islam encourages Muslims to have a balanced nutritious diet comprising wholesome food and drink. Good nutrition supports the immune system, sustains healthy, physical, and mental activity, as well as prevention of sickness and enhancement of recovery.

Allah (SWT) says in the following verse:

لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَنِ تَقْوِيمٍ  
سورة التين: ٤

**“We have created man in the best of moulds”**(Q 95:4)

**“Mun halitta mutun a cikin mafi kyawon tsayuwa”**.  
(Surat At-Tin aya ta 4)



To prevent sickness and protect life Allah also says at the following verses:

هُوَ الَّذِي أَنْزَلَ مِنَ السَّمَاءِ مَاءً لَكُمْ مِنْهُ شَرَابٌ وَمِنْهُ شَجَرٌ فِيهِ تُسِيمُونَ

يُنْبِتُ لَكُمْ بِهِ الزَّرْعَ وَالزَّيْتُونَ وَالنَّخِيلَ وَالْأَعْنَابَ وَمِنْ كُلِّ النَّمْرَاتِ إِنَّ فِي ذَلِكَ لَآيَةً لِقَوْمٍ يَتَفَكَّرُونَ

سورة النج ١٠-١١

١١

***“It is He who sends down for you from the sky water. From it is drink, and with it grows vegetation for grazing. And He produces for you grains with it, and olives, and date-palms, and grapes, and all kinds of fruits. Surely in that is a sign for people who think.” (Qur’an 16: 10-11)***

***“Shine wanda Ya saukar da ruwa daga sama dominku,daga gareshi akwai abin sha,Kuma daga gareshi itace yake, a cikinsa kuke yin kiwo.....’(Suratun Nahl aya ta 11)***

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَحْرِمُوا طَيِّبَاتِ مَا أَحَلَّ اللَّهُ لَكُمْ وَلَا تَعْتَدُوا إِنَّ اللَّهَ لَا يُحِبُّ الْمُعْتَدِينَ

سورة المائدة: ٨٧

**“O you who believe, make not unlawful all that is good things (as regards foods.... which Allah has made lawful to you.....And eat of what Allah has provided for you (which is) lawful and good. ....” (Qur’an 5:87).**





**“Yaku wadanda kukayi ima-ni kada ku haramta abubuwa masu dadi da Allah ya hallatta muku, kuma kada ku ketare haddi.”(Suratul Ma’ida aya ta 87)**

**The Prophet Peace Be Upon Him (PBUH) said the followings:**

**“Nothing a person can have after faiths that is better than good health”. Narrated by Ibn Majah**

**“A stronger believer is better and more beloved to Allah than a weaker believer”. Narrated by Imam Muslim ibn Hajaj**

**“For every sickness there is a cure “ Sahih al-Bukhari**

The above Qur’anic verses and Hadith of Prophet Muhammad (SAW) revealed the significant position of health in Islam and the role of food and nutrition in promoting health.

## **2.3 History of Food and Nutrition**

### **KEY KHUTBAH MESSAGE**

The history of food and nutrition dates back to the creation of the first human beings, Adam, and his wife Hawwa’u. Allah (God) SWT provided them with nutritious food.

Allah says in the following verses of the Qur’an.



وَقُلْنَا يَا آدَمُ اسْكُنْ أَنْتَ وَزَوْجُكَ الْجَنَّةَ وَكُلَا مِنْهَا رَغَدًا حَيْثُ شِئْتُمَا وَلَا تَقْرَبَا هَذِهِ الشَّجَرَةَ فَتَكُونَا مِنَ الظَّالِمِينَ

سورة البقرة: ٣٥

*“O Adam dwell you and your Wife in the paradise and eat both of you freely with pleasure and delight, of things therein you will, as wherever you will, but come not near this tree or both will be of the wrongdoers (Qur’an 2:35)*

*“Ya Adam ka zauna.Kai da ma’atarka a Al-janna,kuma kaci daga gareta,bisa wadata, inda kakeso ,kuma kada ku kusanci wannan itaciya,harku kasance daga azzalumai”.* (Suratul Bakra aya ta35)

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا طَيِّبَاتٍ مَّا أَحَلَّ اللَّهُ لَكُمْ وَلَا تَعْتَدُوا إِنَّ اللَّهَ لَا يُحِبُّ الْمُعْتَدِينَ  
سورة المائدة: ٨٧

“O you who believe, make not unlawful all that is good things (as regards foods.... which Allah has made lawful to you.....And eat of what Allah has provided for you (which is) lawful and good. ....”  
(Qur’an 5:87).

“Yaku wadanda kukayi ima-ni kada ku haramta abubuwa masu dadi da Allah ya hallatta muku, kuma kada ku ketare haddi”.

 (Suratul Ma’ida aya ta 87)



## 2.4 What Islam Says About Nutrition

### KEY KUTBAH MESSAGE

The human body is in need of complete nutritious diet to eliminate hunger and make the body strong and fit to worship Almighty Allah (God) and do other lawful work approved by Sharia., it further warns Muslims to refrain from food, drinks and other practices such as eating dead animals, consumption of alcohol and smoking as anything that is harmful to the body is also harmful to the spirit.

Allah says in the following verses:

يَا أَيُّهَا الَّذِينَ آمَنُوا أَنْفِقُوا مِنْ طَيِّبَاتِ مَا كَسَبْتُمْ وَمِمَّا أَخْرَجْنَا لَكُمْ مِنَ الْأَرْضِ  
وَلَا تَيَمَّمُوا الْخَبِيثَ مِنْهُ تُنْفِقُونَ وَلَسْتُمْ بِآخِذِيهِ إِلَّا أَنْ تُغْمِضُوا فِيهِ وَاعْلَمُوا أَنَّ  
اللَّهَ غَنِيٌّ حَمِيدٌ

سورة البقرة: ٢٦٧

*“O you who believe! Give of the good things (nutritious) you have earned, and from what we have produced for you from the earth. And do not pick the inferior things to give away, when you yourselves would not accept it except with eyes closed. And know that God is Sufficient and Praiseworthy” (Qur’an 2: 267)*



*Yaku wadanda sukayi imani ku ciyar da mai kyaun abinda kuka sana'anta, kuma daga abin da muka fitar saboda ku daga kasa, kuma kada kuyi nufin mumuna ya zama daga gareshi ne kuke ciyarwa ,alhali kuwa baku zama masu karbarsa ba face kun runtse ido a cikinsa. Kuma kusani cewa lalle ne Allah Mawadaci ne, Godadde. (Suratul Bakara aya ta 267)*

يَا أَيُّهَا النَّاسُ كُلُوا مِمَّا فِي الْأَرْضِ حَلَالًا طَيِّبًا وَلَا تَتَّبِعُوا خُطُوَاتِ الشَّيْطَانِ  
إِنَّهُ لَكُمْ عَدُوٌّ مُبِينٌ

سورة البقرة: ١٦٨

“O people eat of what is on earth, lawful and good and follow not the foot step of Shaitan (Satan), verily he is to you an open enemy” (Qur’an 2:168)

Yaku mutane kuci daga abinda yake a ciki kasa. Wanda yake halal, mai dadi, kuma kada kubi zambiyoyin (2) Shaidan. Lalle ne shi, a gareku ,makiyine bayyananne. (Suratul Bakra aya ta 168)

Allah (SWT) is our ultimate healer and protector and has given us the resources to make helpful body nutrients. However, we must remember that Allah (SWT) inspires human beings by granting them the desire to become knowledgeable caregivers. In His wisdom, He has enabled us to build facilities (hospitals, Agricultural Research centers, etc.) Where precious lives of human



beings can be saved and ensure they have enough nutritious foods to eat. Allah (God) says:

وَسَخَّرَ لَكُمْ مَّا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ جَمِيعًا مِّنْهُ إِنَّ فِي ذَلِكَ لَآيَاتٍ لِّقَوْمٍ  
يَتَفَكَّرُونَ

سورة الجاثية: ١٣

“Allah has subjected to you all that is in the heavens and all that is in the earth, it is all as a favor and kindness from him. Verily, in it are signs for a people who think deeply”. (Q 45:13)

“Allah yahore muku abinda ke a cikin sammai da abinda ke a cikin kasa,gaba daya daga gare Shi yake. Lallene a cikin wancan, hakika, akwai ayoyi ga mutane wadanda keyin tunni.”( Suratul Jathiya aya ta 13)

“O you who believe, make not unlawful all that is good things (as regards foods.... which Allah has made lawful to you.....And eat of what Allah has provided for you (which is) lawful and good.....” (Qur’an 5:87).

“Yaku wadanda kukayi ima-ni kada ku haramta abubuwa masu dadi da Allah ya hallatta muku, kuma kada ku ketare haddi”. (Suratul Ma’ida aya ta 87)

Islam enjoins the protection of human life and prevention against any form of harm. Allah says:



مِنْ أَجْلِ ذَلِكَ كَتَبْنَا عَلَىٰ بَنِي إِسْرَائِيلَ أَنَّهُ مَنْ قَتَلَ نَفْسًا بِغَيْرِ نَفْسٍ أَوْ فَسَادٍ  
فِي الْأَرْضِ فَكَأَنَّمَا قَتَلَ النَّاسَ جَمِيعًا وَمَنْ أَحْيَاهَا فَكَأَنَّمَا أَحْيَا النَّاسَ جَمِيعًا  
وَلَقَدْ جَاءَتْهُمْ رُسُلُنَا بِالْبَيِّنَاتِ ثُمَّ إِنْ كَثِيرًا مِّنْهُمْ بَعْدَ ذَلِكَ فِي الْأَرْضِ  
لُمْسِرُونَ

سورة المائدة : ٣٢

*“Because of that, We ordained for the Children of Israel: that whoever kills a person—unless it is for murder or corruption on earth—it is as if he killed the whole of mankind; and whoever saves it, it is as if he saved the whole of mankind.....” (5: 32)*

*“Daga sababin wannan Muka rubuta a kan Bani Isra”ila cewa,lalle ne wanda yakashe rai bad a wani rai ba,ko barna a cikin kasa, to kamar yakashe mutane duka ne,kuma wanda ya raya rai, to kamar ya raya na mutane ne gaba daya.....”(Suratul Ma;ida aya ta 32)*

لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَنِ تَقْوِيمٍ  
سورة التين : ٤

*“We have created man in the best of moulds”(Q 95:4)*

*“Mun halitta mutun a cikin mafi kyawon tsayuwa”.*  
(Surat At-Tin aya ta 4)

وَسَخَّرَ لَكُمْ مَّا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ جَمِيعًا مِنْهُ إِنَّ فِي ذَلِكَ لآيَاتٍ لِّقَوْمٍ  
يَتَفَكَّرُونَ

سورة الجاثية: ١٣



“Allah has subjected to you all that is in the heavens and all that is in the earth, it is all as a favor and kindness from him. Verily, in it are signs for a people who think deeply”. (Q 45:13)

“Allah yahore muku abinda ke a cikin sammai da abinda ke a cikin kasa,gaba daya daga gare Shi yake. Lallene a cikin wancan, hakika, akwai ayoyi ga mutane wadanda keyin tunni.( Suratul Jathiya aya ta” 13)

Allah has made some plants and animals for us to eat to be healthy, and also serve as a medicinal purpose when we are sick, some of which have been discovered while some are yet to be.

## 2.5 Nutrition as a divine commodity.

Human beings cannot survive without food and nutrition especially nutritious diet as it is a commandment from Allah (SWT) and supported by different World Scientific Research.

It is true that;

- Nutrition is the foundation for human development and investing in nutrition will contribute to achieving the dual goals of ending extreme poverty and promoting shared prosperity.
- Good nutrition in a child’s early years especially the first 1000 days of life (From conception to when child is two years of age) is linked to their



health, academic performance and productivity in later years.

- Without proper nutrition, the ability of a child to fight infections is compromised as malnutrition and infections affect each other especially in children and women.
- Important for human survival, growth, brain and cognitive development, elimination of hunger and maintenance of life.
- Provide support for immune system, manage opportunistic infections, optimise the response to medical treatment,
- Sustenance of healthy level of physical and mental activity, productivity, prevention of sickness and enhancing recovery.
- It also builds a productive society and improves quality of lives.

## 2.6 Effects of malnutrition on individual productivity, Health, and Mortality

### 1 Individual

- (a) Stunting leads to cognitive impairment and is associated with reduced school performance
- (b) Stunted girl is more likely to give birth to a stunted child perpetuating the cycle of inter-generational impact.

### 2 Health and Mortality





(a) **45%** of all **deaths under 5** children are linked to **malnutrition**

Wasted children are **3-11** times more likely to die, than non-wasted children due to malnutrition

(b) Stunted children are **2-5** times more likely to die, than non-stunted children because of malnutrition

(c) Stunted children are more likely to develop chronic diseases in adulthood.

**2.5 Million Children** are affected by wasting in Nigeria

**Over 10 million** children affected by stunting in Nigeria

Note that Northern Nigeria States are more affected with wasting and stunting.

**Source; UNICEF Paper presentation during maiden edition of Northern Traditional and Religious Leaders Meeting Kaduna (24<sup>th</sup>-25<sup>th</sup> November, 2017)**

**33.2%** of Children under **5** are stunted

**3.2%** of Children under **5** are wasted

**16.9%** of children under **5** are under weighted (too thin for their age)

**Source: NNHS 2018**



## SECTION THREE

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### 3.0 MATERNAL CHILD HEALTH (SAFE MOTHERHOOD)

#### KEY KHUTBAH MESSAGE

- ▶ Pregnancy is a thing of joy and comes with some challenges occasionally. In Islam doing well to the expectant mother is compulsory. After conception the rights of the infant begins, the fetus requires high proteins, minerals etc through the Mother.
- ▶ A Pregnant Mother needs to eat variety of nutritious foods based on the economic capacity of the family and respect health protocols for the good of herself and proper growth of her Child.
- ▶ Attending Ante natal clinic visit at least 8 times during pregnancy and deliver at appropriate health facilities will go a long way in saving the lives of Women and Babies from death.

#### 3.1 Introduction

Child health is determined by healthy pregnancy and early breastfeeding by the mother to her child. The appropriate feeding and refraining from any practice that may be harmful to the mother and Baby is strongly



recommended for human survival, growth, brain and cognitive development. In Islam doing well to the expectant mother is compulsory elimination of hunger, maintenance of life, and provision of support for the immune system.

The health of a child is solely dependent on the health of the mother, thus, she has to be attending the hospital for a checkup during the pregnancy (Antenatal) at least 8 times and be encouraged to deliver at a health facility and attend post-natal clinic visit this will ensure safe delivery and good health (birth).

Nutritious food is recommended by nutrition experts for the good of the mother and the proper growth of the child.

A pregnant mother needs to eat varieties of nutritious food as Allah says:

لِيُنْفِقَ ذُو سَعَةٍ مِّن سَعَتِهِ وَمَن قُدِرَ عَلَيْهِ رِزْقُهُ فَلْيُنْفِقْ مِمَّا آتَاهُ اللَّهُ لَا  
يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا مَا آتَاهَا سَيَجْعَلُ اللَّهُ بَعْدَ عُسْرٍ يُسْرًا  
سورة الطلاق: ٧

“Let the rich spend according to his means and the man whose resources are restricted let him spend according to what Allah has given him. Allah puts no burden on any person beyond what He has given him, Allah will grant after hardships, ease”. (Qur’an 65:7).



“Sai mawadaci ya ciyar daga wadatarsa kuma wanda a ka kuntata masa arzikinsa, to, sai ya ciyar daga abinda Allah ya bashi. Allah baya kallafa wa wani rai face abinda ya bashi. Allah zai sanya sauki a bayan tsanani”.

(Suratud Dalak aya ta 7)

يَا أَيُّهَا النَّاسُ كُلُوا مِمَّا فِي الْأَرْضِ حَلَالًا طَيِّبًا وَلَا تَتَّبِعُوا خُطَوَاتِ الشَّيْطَانِ  
إِنَّهُ لَكُمْ عَدُوٌّ مُبِينٌ

سورة البقرة: ١٦٨

“O people eat of what is on earth, lawful and good and follow not the footsteps of Shaitan (Satan), Verily, He is to you an open enemy.” (Qur’an 2:168)

“Yaku mutane kuci daga abinda yake a ciki kasa. Wanda yake halal, mai dadi, kuma kada kubi zambiyoyin (2) Shaidan. Lalle ne shi, a gareku ,makiyine bayyananne”.

(Suratul Bakra aya ta 168)

وَالْوَالِدَاتُ يُرْضِعْنَ أَوْلَادَهُنَّ حَوْلَيْنِ كَامِلَيْنِ لِمَنْ أَرَادَ أَنْ يُتِمَّ الرَّضَاعَةَ وَعَلَى  
الْمَوْلُودِ

لَهُ رِزْقُهُنَّ وَكِسْوَتُهُنَّ بِالْمَعْرُوفِ لَا تُكَلَّفُ نَفْسٌ إِلَّا وُسْعَهَا لَا تُضَارَّ وَالِدَةٌ وَالدَّةُ بِوَالِدِهَا وَلَا  
مَوْلُودٌ لَهُ بِوَالِدِهِ وَعَلَى الْوَارِثِ مِثْلُ ذَلِكَ فَإِنْ أَرَادَا فِصَالًا عَنْ تَرَاضٍ مِنْهُمَا وَتَشَاوُرٍ  
فَلَا جُنَاحَ عَلَيْهِمَا وَإِنْ أَرَدْتُمْ أَنْ تَسْتَرْضِعُوا أَوْلَادَكُمْ فَلَا جُنَاحَ عَلَيْكُمْ إِذَا سَلَّمْتُمْ مَا  
آتَيْتُمْ

بِالْمَعْرُوفِ وَاتَّقُوا اللَّهَ وَاعْلَمُوا أَنَّ اللَّهَ بِمَا تَعْمَلُونَ بَصِيرٌ

سورة البقرة: ٢٣٣

“The mothers shall give suck to their children for whole two years ..... But the father shall bear the cost of mother’s food and clothing on a reasonable



*basis.....No mother should be treated unfairly on account of her child likewise the father on account of his Child. And on the (Father's heir is incumbent the like of that (which was incumbent on the Father).” (Qur’an 2:233)*

***“Iyaye Mata su shayar da ‘ya’ya da rowan nono na shikaru biyu Kuma ciyar da su da tufatar da su yana a kan wanda a ka haifar masa da alheri.Ba a kallafa face iyawarsa. Ba a cutar da uwa game dadanta,kuma ba a cutar da Uba game da dansa,Kuma akan magaji a kwai misalin wancan.....”(Suratul Bakara aya ta 233)***

### **3.2 Pregnancy**

The health of a child is solely dependable on the health of the mother, thus, she has to be eating varieties of foods, nutrients, avoid anything that will be harmful to the pregnancy such as taken indiscriminate medicine, smoking and alcoholism. She also has to attend health facility for routine checking during the pregnancy (Antenatal) at least 8 visits during the pregnancy.

The first 1000 days of life (from conception to 24 months of age) are important to the life of the Mother and the Baby, also infant and young child feeding practices, immunizations, vaccinations, relevant care



giving resources and welfare package at the appropriate time should be given adequate attention.

It is imperative to note that pregnant mothers shall be treated with kindness and sympathy during antenatal periods. This is because her functional and body structure changes drastically, becoming very weak and stressful. She also undergoes emotional changes and requires special care and support.

Allah says in the following verses:

أَسْكُتُوهُنَّ مِنْ حَيْثُ سَكَنْتُمْ مِّنْ وَجْدِكُمْ وَلَا تَضَارُوهُنَّ لِيُضَيِّقُوا عَلَيْهِنَّ وَإِنْ كُنَّ أَوْلَاتٍ  
حَمْلٍ  
فَأَنْفِقُوا عَلَيْهِنَّ حَتَّىٰ يَضَعْنَ حَمْلَهُنَّ فَإِن أَرْضَعْنَ لَكُمْ فَآتُوهُنَّ أُجُورَهُنَّ وَأَتَمُّوا بِبَيْنِكُمْ  
بِمَعْرُوفٍ وَإِن تَعَاَسَرْتُم فَسْتَرْضِعْ لَهُ أُخْرَىٰ  
سورة الطلاق : ٦

.....And if they are pregnant, then spend on them till they lay theirburden.....” (Qur’an 65:6)

“.....Kuma idan sun kasance ma’abuta ciki ,sai ku ciyar dasu har su haifi cikinsu.....” (Suratud Dalak aya ta 6)

وَوَصَّيْنَا الْإِنْسَانَ بِوَالِدَيْهِ إِحْسَانًا حَمَلَتْهُ أُمُّهُ كُرْهًا وَوَضَعَتْهُ كُرْهًا وَحَمْلُهُ  
وَفَصَالُهُ ثَلَاثُونَ شَهْرًا حَتَّىٰ إِذَا بَلَغَ أَشُدَّهُ وَبَلَغَ أَرْبَعِينَ سَنَةً قَالَ رَبِّ أَوْزِعْنِي أَنْ  
أَشْكُرَ نِعْمَتِكَ الَّتِي أَنْعَمْتَ عَلَيَّ وَعَلَىٰ وَالِدَيَّ وَأَنْ أَعْمَلَ صَالِحًا تَرْضَاهُ وَأَصْلِحْ  
لِي فِي دَرَجَاتِي إِنِّي نُبْتُ إِلَيْكَ وَإِنِّي مِنَ الْمُسْلِمِينَ  
سورة الأحقاف : ٥١



***“We have enjoined upon man kindness to his parents. His mother carried him with difficulty and delivered him with difficulty. His bearing and weaning take thirty months”. (Qur’an 46: 15)***

***“Kuma munyi wasiya ga mutum game da mahaifansa biyu da kyautatawa, uwarsa tayi cikinsa da wahala, kuma ta haifeshi da wahala. Ci-kinsa da yayensa wata talatin.....” (Suratul Al-Ahkaf aya ta 15)***

### **3.3 Rights of the Unborn Child (Fetus)**

After conception, the rights that Allah prescribed for the unborn children in the Islamic law begins, the fetus requires high proteins, vitamins, and minerals, etc through the mother. All appropriate measures should be taken to safeguard the safety of both the mother and the Baby.

It is also equally the primary responsibility of the father to ensure that the basic needs such as nutrients are adequately provided to the mother.

Allah says in the verses below:

الَّذِينَ يَجْتَنِبُونَ كَبَائِرَ الْإِثْمِ وَالْفَوَاحِشَ إِلَّا اللَّمَمَ إِنَّ رَبَّكَ وَاسِعُ الْمَغْفِرَةِ هُوَ أَعْلَمُ  
بِكُمْ إِذْ أَنْشَأَكُمْ مِنَ الْأَرْضِ وَإِذْ أَنْتُمْ أَجِنَّةٌ فِي بُطُونِ أُمَّهَاتِكُمْ فَلَا تُزَكُّوا أَنْفُسَكُمْ  
هُوَ أَعْلَمُ بِمَنِ اتَّقَى

سورة النجم: ٣٢



- ▶ “....He knows you well when he created you from the earth (Adam) and when you were fetuses in your mothers’ wombs.....”( Qur’an 53:32)
- ▶ “.....Shine yafi sani abinda ke gareku a lokacin day a kaga halittar ku daga kasa, kuma a lokacin da kuke tayuma a cikin cikannan uwayenku.....”(Suratun Najm aya ta 32)

أَسْكُتُوهُنَّ مِنْ حَيْثُ سَكَنْتُمْ مِّنْ وَّجْدِكُمْ وَلَا تَضَارُوهُنَّ لِنِصِيْفَتِهِنَّ وَإِنْ كُنَّ أَوْلَاتٍ  
حَمَلْنَ  
فَأَنْفِقُوا عَلَيْهِنَّ حَتَّى يَضَعْنَ حَمْلَهُنَّ فَإِن أَرْضَعْنَ لَكُمْ فَآتُوهُنَّ أَجُورَهُنَّ وَأْتَمِرُوا بَيْنَكُمْ  
بِمَعْرُوفٍ وَإِن تَعَاَسَرْتُم فَسُتْرُضِعْ لَهُ الْآخَرَى  
سورة الطلاق : ٦

- ▶ “...And if they are pregnant, then spend on them till they lay their burden.....”( Qur’an 65:6)

“.....Kuma idan sun kasance ma’abuta ciki ,sai ku ciyar dasu har su haifi cikinsu.....”(Suratud Dalak aya ta 6)

وَأَنْفِقُوا فِي سَبِيلِ اللَّهِ وَلَا تُلْقُوا بِأَيْدِيكُمْ إِلَى التَّهْلُكَةِ وَأَحْسِنُوا إِنَّ اللَّهَ يُحِبُّ  
الْمُحْسِنِينَ  
سورة البقرة : ١٩٥

“And spend in the cause of Allah .....and do not throw yourselves in to destructions (by not spending your wealth in the cause of Allah) ....”(Qur’an 2:195)





**“Kuma ku kashe dukiyar ku a cikin hanyar Allah kuma kadda kujefa kanku da hannayenku, zuwa ga hallaka”. (Suratul Bakara aya ta 195)**

The Noble Prophet Muhammad SAW says: The most perfect of believers in the matter of faith is he whose behavior is best, and the best of you are those who behave best towards their family.” (Hadith; Ibn-Hanbal, 7396)

### 3.4 Delivery

All efforts should be made to ensure that the pregnant mother is supported to deliver a healthy baby at an appropriate health Clinic with the help of qualified trained personnel to ensure the life of the mother and baby are safe.

According to the verses below the father must provide sufficient nutritious food and other basic needs which the medical personnel recommend. Therefore, the father must always be ready to provide this with the fear of Allah. However, some peculiarities should be taken care of concerning some pregnant women.

Allah says in the following verse:

لِيُنْفِقْ ذُو سَعَةٍ مِّن سَعَتِهِ وَمَن قَدِرَ عَلَيْهِ رِزْقُهُ فَلْيُنْفِقْ مِمَّا آتَاهُ اللَّهُ لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا مَا آتَاهَا سَيَجْعَلُ اللَّهُ بَعْدَ عُسْرٍ يُسْرًا  
سورة الطلاق : ٧



***“The wealthy shall spend according to his means, and he whose resources are restricted shall spend according to what God has given him. God never burdens a soul beyond what He has given it. God will bring ease after hardship.....” (Qur’an 65:7)***

“Sai mawadaci ya ciyar daga wadatarsa kuma wanda a ka kuntata masa arzikinsa, to, sai ya ciyar daga abinda Allah ya bashi. Allah baya kallafa wa wani rai face abinda ya bashi. Allah zai sanya sauki a bayan tsanani”.  
(Suratud Dalak aya ta 7)

### **3.5 Post Delivery**

Attention should be focused on the health of the mother and Baby, ensuring early initiation of exclusive Breast feeding’ within One hour of birth and that the ‘yellow colostrum which is the first immunization of the Infant is not washed away. Good nutritious diet for the mother and other basic needs are maintained and appropriate immunizations/Vaccinations of the Baby, weight measuring and other measures are carried out in the interest of the Mother, Baby and the Society. It is a grave sin for one to neglect a person whom he is responsible for sustaining. The Husband must always sustain all the needs of the wives (new-mother). Wherever they decline their duties in such a situation, it



counts as tantamount to destroying lives which Allah sanctifies. Allah says:

لِيُنْفِقْ ذُو سَعَةٍ مِّن سَعَتِهِ وَمَن قَدَرَ عَلَيْهِ رِزْقُهُ فَلْيُنْفِقْ مِمَّا آتَاهُ اللَّهُ لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا مَا آتَاهَا سَيَجْعَلُ اللَّهُ بَعْدَ عُسْرٍ يُسْرًا  
سورة الطلاق : ٧

***“The wealthy shall spend according to his means, and he whose resources are restricted shall spend according to what God has given him. God never burdens a soul beyond what He has given it. God will bring ease after hardship”. ( Qur’an 65: 7)***

“Sai mawadaci ya ciyar daga wadatarsa kuma wanda a ka kuntata masa arzikinsa, to, sai ya ciyar daga abinda Allah ya bashi. Allah baya kallafa wa wani rai face abinda ya bashi. Allah zai sanya sauki a bayan tsanani”.  
(Suratud Dalak aya ta 7)



## SECTION FOUR

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### 4.0 INFANT AND YOUNG CHILD FEEDING KEY KUTBAH MESSAGE.

Feeding an infant is one of the issues that have paramount importance in Islam. It is obligatory for husbands to provide adequate basic sustenance to the mother so that she can produce enough milk to breastfeed her child.

Islam compels us to preserve life and protect the mind. This may be accomplished through proper and correct nutrition right from the early days of pregnancy to delivery and post-delivery.

#### 4.1 Introduction

Every child has the right to good nutrition. Under-nutrition is the cause of 1 out of every 2 child death and only about 1 out of 5 infants from birth to 6 months are exclusively breastfed. Few children receive nutritionally adequate and safe complementary foods.

#### 4.2 Breastfeeding

It is generally accepted that Breast milk is the best food for infant and young child. The yellow milk (Colostrum -



the first milk that comes out from the breast after delivery) should not be thrown away but be given to the baby because it is the first immunization and food of life.

Exclusive breastfeeding for the first six months of life without anything (including water) is the most cost-effective, preventive, health-protective measures that a family can take; since it is also the most appropriate nutrition for the healthy survival of Infants. Allah says:

وَالْوَالِدَاتُ يُرْضِعْنَ أَوْلَادَهُنَّ حَوْلَيْنِ كَامِلَيْنِ لِمَنْ أَرَادَ أَنْ يُتِمَّ الرَّضَاعَةَ وَعَلَى  
الْمَوْلُودِ  
لَهُ رِزْقُهُنَّ وَكِسْوَتُهُنَّ بِالْمَعْرُوفِ لَا تُكَلَّفُ نَفْسٌ إِلَّا وُسْعَهَا لَا تُضَارَّ وَالِدَةٌ بَوْلِدَا وَلَا  
مَوْلُودٌ لَهُ بَوْلِدِهِ وَعَلَى الْوَارِثِ مِثْلُ ذَلِكَ فَإِنْ أَرَادَا فِصَالًا عَنْ تَرَاضٍ مِنْهُمَا وَتَشَاوُرٍ  
فَلَا جُنَاحَ عَلَيْهِمَا وَإِنْ أَرَدْتُمْ أَنْ تَسْتَرْضِعُوا أَوْلَادَكُمْ فَلَا جُنَاحَ عَلَيْكُمْ إِذَا سَلَّمْتُمْ مَا  
آتَيْتُمْ  
بِالْمَعْرُوفِ وَاتَّقُوا اللَّهَ وَاعْلَمُوا أَنَّ اللَّهَ بِمَا تَعْمَلُونَ بَصِيرٌ

سورة البقرة : ٢٣٣

*“The mothers shall give suck to their children for whole two years..... But the father shall bear the cost of mother’s food and clothing on a reasonable basis.....No person shall have a burden laid on him greater than he can bear. No mother should be treated unfairly on account of her child likewise the father. And*



*on the father's heir is incumbent the like of that  
.....” (Qur'an 2:233)*

*“Kuma masu haifuwa suna shayar da abin  
haifuwarsu shekara biyu cikakku.....Kuma ciyar  
dasu da tufatar dasu yana a kan wanda a ka  
haifar masa, da alheri. Ba a kallafa wa rai face  
iyawarsa. Ba a cutar da uwa game da danta, Kuma  
ba a cutar da uba game da dansa, kuma a kan  
magaji a kwai misalign wancan.....” (Suratul  
Bakara 2:233)*

وَأَوْحَيْنَا إِلَىٰ أُمِّ مُوسَىٰ أَنْ أَرْضِعِيهِ فَإِذَا خِفْتِ عَلَيْهِ فَأَلْقِيهِ فِي الْيَمِّ وَلَا  
تَخَافِي وَلَا  
تَحْزَنِي إِنَّا رَادُّوهُ إِلَيْكِ وَجَاعِلُوهُ مِنَ الْمُرْسَلِينَ

سورة القصص : ٧

*“And we inspired the mother of Musa (Moses) (telling)  
suckle him Musa (Moses)..... Verily we shall bring  
him back to you and shall make him one of our  
messengers” (Qur'an 28:7)*

*“Kuma muka yi wahayi zuwa ga uwar Musa ,cewa ki  
shayar dashi , sai idan kinji tsoro game dashi, to ki jefa  
shi a cikin kogi, kuma kada kiji tsoro, kuma kada kiyi*



*bakin ciki. Lalle ne mumasu mayar dashi ne zuwa gareki, Kuma masu sanya shi ne a cikin manzanni“(Suratul Kasas aya ta 7)*

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَحْرِمُوا طَيِّبَاتِ مَا أَحَلَّ اللَّهُ لَكُمْ وَلَا تَعْتَدُوا إِنَّ اللَّهَ لَا يُحِبُّ الْمُعْتَدِينَ

سورة المائدة : ٨٧

“O you who believe, make not unlawful all that is good things (as regards foods.... which Allah has made lawful to you.....And eat of what Allah has provided for you (which is) lawful and good’’. ....  
(Qur’an 5:87).

“Yaku wadanda kukayi ima-ni kada ku haramta abubuwa masu dadi da Allah ya hallatta muku, kuma kada ku ketare haddi’’. (Suratul Ma’ida aya ta :87)

*According to Ibn Qayim al -Jauziyyah who died 751 AH/1350 AD advocated that a child should not be given any food other than breast milk until he started teething. His argument is that Allah (S.W.T) did not provide him with teeth before the time because he did not need it.*

*Inji Ibn Qayim al-Jauziyyah wanda ya rasu 751AH/1350 AD yana kira da cewar kadda a baiwa jinjiri abinci in ba nono uwa zalla ba domin Allah bai bai wa yaron hakori ba domin baya bukata.*



### 4.3 Benefits of Breastfeeding

The benefits of Breast feeding are numerous few are:

#### To the Infant/Child

- Saves the lives of Infants and Children
- Contains enough water for the needs of the Infants
- Breast milk is available anytime anywhere without cost
- It is nutritious and very clear and at normal temperature
- The first two years of a child's life are the most important for establishing healthy development of the brain
- Breast feeding improves brain development, school attendance and is associated with higher income in adult life
- Breastfeeding improves physical and brain development, intelligence and reduces health costs, resulting in future economic gains
- **To the Mother**
- Putting the Baby to the Mother's breast immediately after birth facilitate expulsion of placenta
- Prevents enlargement of Breast
- Reduces risks of breast and ovarian cancer





- Reduces mother's work load of going round to buy formula, preparing the formula and other demands
- Promotes love between mother and Child.

### To the family, community and the nation

- Mother and Baby are healthy which are great assets
- Less Medical expenses due to preventable sickness
- Breastfeeding results in economic gains
- Improves child survival because Breast Feeding reduces child mortality and morbidity.
- All other sectors of life will be touched positively

## 4.4 Complementary Feeding

When the Infant is 6 months old, breast feeding is to continue up to 2 years with a nutritionally appropriate locally available complementary food that is adequate, safe, and sustainable. Examples of such complementary foods include combination foods such as sweet potatoes, beans, rice, pap (made from maize, millet, guinea corn, groundnut, soya beans), soft porridge, watermelon, mangoes, oranges, milk, eggs, carrot, etc.

Allah says in the following verses:

وَإِذْ قُلْتُمْ يَا مُوسَىٰ لَنْ نَصْبِرَ عَلَىٰ طَعَامٍ وَاحِدٍ فَادْعُ لَنَا رَبَّكَ يُخْرِجْ لَنَا مِمَّا تُنْبِتُ  
الْأَرْضُ مِنْ بَقْلِهَا



وَقَتَّانَهَا وَفُومِهَا وَعَدْسِهَا وَبَصَلِهَا قَالَ أَتَسْتَبْدِلُونَ الَّذِي هُوَ أَدْنَىٰ بِالَّذِي هُوَ خَيْرٌ  
أَهْبِطُوا مِصْرًا فَإِنَّ

لَكُمْ مَا سَأَلْتُمْ وَضُرِبَتْ عَلَيْهِمُ الذَّلَّةُ وَالْمَسْكَنَةُ وَبَاوُوا بِعَصَابِ مِنَ اللَّهِ ذَلِكَ بِأَنَّهُمْ كَانُوا  
يَكْفُرُونَ بِآيَاتِ

اللَّهِ وَيَقْتُلُونَ النَّبِيِّينَ بِغَيْرِ الْحَقِّ ذَلِكَ بِمَا عَصَوْا وَكَانُوا يَعْتَدُونَ

سورة البقرة : ٦١

**“And (remember) when you said “O Musa we cannot endure one kind of food. So invoke your Lord for us to bring forth for us what the earth grows, its herbs, its cucumbers its Fum (wheat or Garlic’s) its lentils and onions.....” (Qur’an 2: 61)**

**“Kuma a lokacin da kukace: ‘Ya Musa Baza mu yi hakuri ba a kan abinci guda.Sai ka roka mana ubangijinka, Ya fitar mana daga abinda kasa take tsirarwa daga ganyenta, da dumanta,da alkamanta, da wakenta,da albasanta.....”(Suratul Bakara aya ta 61)**

يُنْبِتُ لَكُمْ بِهِ الزَّرْعَ وَالزَّيْتُونَ وَالنَّخِيلَ وَالْأَعْنَابَ وَمِنْ كُلِّ الثَّمَرَاتِ إِنَّ فِي ذَلِكَ لَآيَةً

سورة النحل : ١١

**“Allah (SWT) states: “With it He causes to grow for you the crops, the olives, date-palms, grapes and every kind of fruits.....” (Qur’an 16:11)**



***“Yana tsirar da shuka game da shi, dominku, Zaituni da dabinai da inabai, kuma da dukan “yayan itace.....” (Suratul Nahl aya ta 11)***





## SECTION FIVE

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### 5.0 PERSONAL AND ENVIRONMENTAL HYGIENE (WATER, SANITATION AND HYGIENE-WASH)

#### KEY SERMON MESSAGE

Islam is a religion that approved hygienic practice in all aspects of life. Poor personal and environmental hygiene can affect a child's nutritional status therefore Water and Sanitation Hygiene (WASH) are critical measures in preventing infant and Childhood sickness especially vomiting, diarrhea, malaria, intestinal parasites and other sicknesses.

Regular hand washing with soap; before and after:

- ▶ Preparing food and cooking.
- ▶ Eating or feeding a child.
- ▶ Cleaning Child's bottom
- ▶ Using toilet/defecation.

After getting in touch with other dirty items

#### 5.1 Water

Water is life and without water human survival would have been impossible.

The following verse indicates the importance of using clean drinking water:



هُوَ الَّذِي أَنْزَلَ مِنَ السَّمَاءِ مَاءً لَكُمْ مِنْهُ شَرَابٌ وَمِنْهُ شَجَرٌ فِيهِ تُسِيمُونَ  
سورة النحل: ١٠

**“He is who sends down (clean) water from the sky, from it you drink and from (it grows) the vegetation on which you send your cattle to pasture “ (Chapter 16: 10)**

**“Shi ne wanda ya saukar da ruwa mai tsabta daga sama wanda dagagare shi ne kuke sha kuma daga gare shi ne shukar ku suke sha su girma da Dabbobinku” ( Suratun Nahl aya ta 10).**

**“Muslim Ummah are refrain from causing harm by urinating or excreting in usable water especially stagnant water”.**

**-Prophet Muhammad (SAW) 1/235 Hadith 282 narrated by Abu Hurairah**



## 5.2 Food

Hygiene of food is also very important as food should be protected from any harmful materials to avoid sickness. Prophet Muhammad (SAW) “has instructed that drink and food must not be blown and must be covered” 3/473 Hadith 5624 narrated on the authority of Jabir.

## 5.3 Personal cleanliness

وَتِيَابَكَ فَطَهِّر  
سورة المدثر: ٤

“And Purify your garments”(Qur’an 74:4 )  
“Kuma tufafinka ka sai ka tsarkake su.”  
(Suratu ‘Mudathir aya ta: 4)

## 5.4 Environmental cleanliness

Islam emphasizes the importance of holistic environmental hygiene as a safe guard to promotion of human health.

“Almighty Allah is clean and loves cleanliness therefore sanitation of environment is important”. Prophet Muhammad (SAW) (Ibn Majah Kitabadiyh Al-Masajad....1/250. Hadith 757)

The measures above will go a long way in reducing Infant and Child sicknesses since contaminated water and food are the main sources of transmitting diseases and infections with germs, when in touch with dirty items.



## SECTION SIX

### 6.0 NEGLIGENCE TO CATER FOR THE MOTHER AND INFANT/ CHILD ON NUTRITION KEY KUTBAH MESSAGE

The responsibilities of Infants/Children are inviolable rights of the children therefore in Islamic jurisprudence rights and duties are correlated with each other. Islam has set out rigorous rules and regulations and have not left a single matter without setting ethical, humanitarian and spiritual rules that complement the edifice of Infant and Young Child and thus providing good rearing and care for the child especially feeding and prevention of harm or injury to the young stars. It is obligatory for parents to provide feeding and other basic care for their family. The obligation of this sustenance rests primarily on the Husband, Legal heirs and relatives of the husband.

Allah says in the verse below:

وَالْوَالِدَاتُ يُرْضِعْنَ أَوْلَادَهُنَّ حَوْلَيْنِ كَامِلَيْنِ لِمَنْ أَرَادَ أَنْ يُتِمَّ الرَّضَاعَةَ وَعَلَى  
الْمَوْلُودِ  
لَهُ رِزْقُهُنَّ وَكِسْوَتُهُنَّ بِالْمَعْرُوفِ لَا تُكَلِّفُ نَفْسٌ إِلَّا وُسْعَهَا لَا تُضَارَّ وَالِدَةٌ بِوَالِدِهَا وَلَا  
مَوْلُودٌ لَهُ بِوَالِدِهِ وَعَلَى الْوَارِثِ مِثْلُ ذَلِكَ فَإِنْ أَرَادَا فِصَالًا عَنْ تَرَاضٍ مِّنْهُمَا وَتَشَاوُرٍ  
فَلَا جُنَاحَ عَلَيْهِمَا وَإِنْ أَرَدْتُمْ أَنْ تَسْتَرْضِعُوا أَوْلَادَكُمْ فَلَا جُنَاحَ عَلَيْكُمْ إِذَا سَلَّمْتُمْ مَا  
آتَيْتُمْ



بِالْمَعْرُوفِ وَاتَّقُوا اللَّهَ وَاعْلَمُوا أَنَّ اللَّهَ بِمَا تَعْمَلُونَ بَصِيرٌ

سورة البقرة: ٢٣٣

*“ The mothers shall give suck to their children for whole two years..... But the father shall bear the cost of mother’s food and clothing on a reasonable basis.....No person shall have a burden laid on him greater than he can bear.No mother should be treated unfairly on account of her child likewise the father. And on the father’s heir is incumbent the like of that .....“(Qur’an 2:233)*

*“Iyaye Mata su shayar da ‘ya’ya da rowan nono na shikaru biyu tare da Kuma ciyar da su da tufatar da su yana a kan wanda a ka haifar masa da alheri.Ba a kallafa face iyawarsa. Ba a cutar da uwa game da danta,kuma ba a cutar da Uba game da dansa,Kuma akan magaji a kwai misalin wancan.....”(Suratul Bakara aya ta 233)*

Allah instructs that what is to be given as sustenance to mother and children must be nutritious:

يَا أَيُّهَا الَّذِينَ آمَنُوا أَنْفِقُوا مِنْ طَيِّبَاتِ مَا كَسَبْتُمْ وَمِمَّا أَخْرَجْنَا لَكُمْ مِنَ الْأَرْضِ وَلَا تَيَمَّمُوا الْخَبِيثَ مِنْهُ تُنْفِقُونَ وَلَسْتُمْ بِأَخْذِيهِ إِلَّا أَنْ تُغْمِضُوا فِيهِ وَاعْلَمُوا أَنَّ اللَّهَ عَزِيزٌ حَمِيدٌ

سورة البقرة: ٢٦٧





*“O you who believe! Give of the good things (nutritious) you have earned, and from what we have produced for you from the earth. And do not pick the inferior things to give away, when you yourselves would not accept it except with eyes closed. And know that God is Sufficient and Praiseworthy” (Qur’an 2: 267)*

*“Yaku wadanda sukayi imani ku ciyar da mai kyaun abinda kuka sana’anta, kuma daga abin da muka fitar saboda ku daga kasa, kuma kada kuyi nufin mumuna ya zama daga gareshi ne kuke ciyarwa ,alhali kuwa baku zama masu karbarsa ba face kun runtse ido a cikinsa. Kuma kusani cewa lalle ne Allah Mawadaci ne, Godadde”. (Suratul Bakara aya ta 267)*

**The Prophet Muhammad (S.A.W) also says:**

**“It is a grave sin for one to neglect a person whom he is responsible for sustaining”. - 2/136 Hadith 1692**

**“Babu laifin da ya wuce ko-oho da wadanda suka rataya a wuyanka”**

**- 2/136 Hadith 1692**

**“I command you to take care of the Woman.” 3/369 Hadith narrated by Abu Hurairah**

**“Na umurce ku ku lura da mata.” 3/369 Hadith narrated by Abu Hurairah**



## SECTION SEVEN

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### 7.0 FEEDING THE POOR

#### KEY KHUTBAH MESSAGE

One of the basic principles of Islam is that humans are all brothers and sisters whose lineages eventually meet at the origin of one father and one mother, therefore there is the need for us to be our brother's keepers especially in respect of basic needs such as food and shelter.

Allah says in the following verses:

إِنَّ لَكَ أَلَّا تَجُوعَ فِيهَا وَلَا تَعْرَى

وَأَنَّكَ لَا تَظْمَأُ فِيهَا وَلَا تَضْحَى

سورة طه ٨١١-١١٩

“Verily, you have (a promise from us) that you will never be hungry therein nor naked.

And you (will) suffer not from thirst therein nor from the sun's heat (Qur'an 20:118-119)

“Lalle ne ka samu ,ba za ka ji yunwaba a cikinta, kuma ba za ka yi tsiranci ba”.

“Lalle kai,ba za ka ji kishir-wa ba , kuma ba za ka shiga hantsi ba.”(Suratul D.H aya ta 118-119)

لِلْفُقَرَاءِ الَّذِينَ أَحْصَرُوا فِي سَبِيلِ اللَّهِ لَا يَسْتَطِيعُونَ ضَرْبًا فِي الْأَرْضِ يَحْسَبُهُمُ  
الْجَاهِلُ أَغْنِيَاءَ مِنْ



التَّعَفُّفِ تَعْرِفُهُمْ بِسِيمَاهُمْ لَا يَسْأَلُونَ النَّاسَ إِحْآفًا وَمَا تُنْفِقُوا مِنْ خَيْرٍ فَإِنَّ اللَّهَ  
بِهِ عَلِيمٌ  
الَّذِينَ يَتَّقُونَ أَمْوَالَهُمْ بِاللَّيْلِ وَالنَّهَارِ سِرًّا وَعَلَانِيَةً فَلَهُمْ أَجْرُهُمْ عِنْدَ رَبِّهِمْ وَلَا  
خَوْفٌ عَلَيْهِمْ وَلَا هُمْ  
يَحْزَنُونَ

سورة البقرة: ٢٧٣ - ٢٧٤

***“Any charity you give is for your good. Any charity you give shall be for the sake of God. Any charity you give will be repaid to you in full, and you will not be wronged. It is for the poor; those who are restrained in the way of God, and unable to travel in the land. The unaware would think them rich, due to their dignity. You will recognize them by their features. They do not ask from people insistently. Whatever charity you give, God is aware of it”. (Qur’an 2:273-274)***

***“(Ciyarwa a yi ta) ga mata-lauta wadanda aka tsare a cikin hanyar Allah, basu iya fatauci a cikin kasa, jahilin halinsu yana zaton su wadatattu saboda kamun kai,kana sanin su da alamarsu ,basu rokon mutanen da na -cewa. Kuma abinda kuka ciyar da alheri,to lalle Allah gareshi masani ne”.(Suratul Bakara aya ta 273 -274)***

Also, the prophet Muhammad SAW said:

***He is not one of us he who shows no mercy to our young stars.- Sunan Abi Dawud 4923.***

***Bai cikin dayan mu wanda baya tausaya wa yara Prophet Muhammad (S.A.W).sunan Abi Dawud 4923.***



## SECTION EIGHT

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### 8.0 RIGHTS OF GIRL-CHILD: PROTECTION OF LIFE, EDUCATION, AND ECONOMIC EMPOWERMENT KEY KHUTBAH MESSAGE

Allah created mankind and put in humans the need of necessities of life without which they cannot survive especially in the areas of Life, Education, Economic Empowerment and Security. (Protection)

#### 8.1 Sanctity of Life

As fundamental principle, Islam has guaranteed the rights to live for all human beings except for a clearly defined confirmed crimes in the Shariah due to which a person loses his/her right to live.

The Islamic sharia prohibits unjustified killings, looting and rape especially children, women and the aged should be spared.

Allah says in the following verses:

وَلَا تَقْتُلُوا أَوْلَادَكُمْ خَشْيَةَ إِمْلَاقٍ نَحْنُ نَرْزُقُهُمْ وَإِيَّاكُمْ إِنَّ قَتْلَهُمْ كَانَ خِطْءًا كَبِيرًا

سورة الإسراء : ٣١

“And do not kill your children for fear of poverty. We provide for them, and you. Killing them is a grave sin” (17:31)



“Kuma kadda ku kasha yayanku domin tsoron talauci.Mune ke arzuta su, su daku. Lalle ne kasha su ya kasance kuskure babba”.(Suratul Isra aya ta 31)

وَلَا تَقْتُلُوا النَّفْسَ الَّتِي حَرَّمَ اللَّهُ إِلَّا بِالْحَقِّ وَمَنْ قُتِلَ مَظْلُومًا فَقَدْ جَعَلْنَا لَوْلِيَّهِ سُلْطَانًا  
فَلَا يُسْرِفُ فِي الْقَتْلِ إِنَّهُ كَانَ مَنْصُورًا  
سورة الإسراء: ٣٣

“And do not kill anyone whose killing Allah has forbidden, except for just cause....” (Qur’an 17:33)

“Kuma kada ku kashe rai wanda Allah ya haramta face da hakki...” (Suratul Isra aya ta 33)

Prophet Muhammad (SAW) said “Do not kill any Old person, any child or any woman”, Narrated by Abu Dawud

## 8.2 Right to Education

Numerous textual evidences in Sharia point to the importance of Education, therefore Islam enjoins learning and makes it mandatory for every Muslim male or female and emphasizes use of knowledge.

Prophet Muhammad (S.A.W) was told to read before he was commissioned a Prophet as contained in the Holy Qur’an below:



1. أَفْرَأُ بِاسْمِ رَبِّكَ الَّذِي خَلَقَ
2. خَلَقَ الْإِنْسَانَ مِنْ عَلَقٍ
3. أَفْرَأُ وَرَبُّكَ الْأَكْرَمُ
4. الَّذِي عَلَّمَ بِالْقَلَمِ
5. عَلَّمَ الْإِنْسَانَ مَا لَمْ يَعْلَمْ

سورة العلق : ١- ٥

**Read: In the Name of your Lord who created. Created man from a clot. Read: And your Lord is the Most Generous. He who taught by the pen. Taught man what he never knew. ( Qur’an 96:1-5)**

1. “Kayi karatu da sunan Ubangijinka, wanda Yayi halitta.
2. Ya halitta mutum daga gudan jinni.
3. Kayi Karatu, Kuma Ubangijinka Shine mafi karamci.
4. Wanda Ya sanar (da mutum).
5. Ya sanar da mutum abinda bai sani ba.”

**(Suratul Alak aya ta 96:1-5)**

فَتَعَالَى اللَّهُ الْمَلِكُ الْحَقُّ وَلَا تَعْجَلْ بِالْقُرْآنِ مِنْ قَبْلِ أَنْ يُفْضَىٰ إِلَيْكَ وَحْيُهُ وَقُل رَّبِّزِدْنِي  
عِلْمًا

سورة طه : ١١٤

**“.....And say my Lord increase me in knowledge”  
(Qur’an 20:114)**



**“.....Ya Ubangiji Ka kara mani ilmi “(Suratu D.H aya ta 114)**

**وَمِنَ النَّاسِ وَالدَّوَابِّ وَالْأَنْعَامِ مُخْتَلِفٌ أَلْوَانُهُ كَذَلِكَ إِنَّمَا يَخْشَى اللَّهَ مِنْ عِبَادِهِ الْعُلَمَاءُ  
إِنَّ اللَّهَ عَزِيزٌ غَفُورٌ سُوْرَةُ فَاطِر –**

**سورة: ٢٨**

**“.....It is only those who have knowledge among His slaves who fear Allah....” (Qur’an 35:28) Fatir or Angel: 28)**

**”.....Mallamai kawai ke tsoron Allah daga cikin bayinsa ...” (Suratul Fatir ko Malaika aya ta 28)**

**In the Hadith, the prophet Muhammad says:**

**Seeking knowledge is obligatory for every muslim male or female. 1/81 Hadith 224**

**“Humans are either Teachers or Learners. There is nothing good beyond that” 190 Hadith 246**

### **8.3 Economic Empowerment**

Islam recognizes the economic independence of a woman. Thus, she has the right to possess wealth and dispose of it as she wishes.



وَلَقَدْ مَكَّنَّاكُمْ فِي الْأَرْضِ وَجَعَلْنَا لَكُمْ فِيهَا مَعَايِشَ قَلِيلًا مَّا تَشْكُرُونَ

سورة الأعراف : ١٠

”And surely we gave you authority on the earth, and appointed for you therein provisions (for your life) .....”( Qur’an 7 :10)

“Kuma lalle ne hakika, Mun sarautar daku, a cikin kasa .Kuma mun sanya muku abubuwan rayuwa, a cikinta, kadan kwarai kuke godewa”. (Suratul A’araf aya ta 10)

فَإِذَا قُضِيَتِ الصَّلَاةُ فَانْتَشِرُوا فِي الْأَرْضِ وَابْتَغُوا مِنْ فَضْلِ اللَّهِ وَاذْكُرُوا

اللَّهِ كَثِيرًا لَّعَلَّكُمْ تُفْلِحُونَ

١٠

سورة الجمعة :

“When the Prayers is ended, you may disperse through the lands and seek the bounty of Allah....”( Qur’an 62:10)

“Sa’anan idan an idar da Salla, sai ku watsu a cikin kasa kuma ku nema daga falalar Allah,.....”(Suratul Jumu’a aya ta 10)

لِّلرِّجَالِ نَصِيبٌ مِّمَّا تَرَكَ الْوَالِدَانِ وَالْأَقْرَبُونَ وَلِلنِّسَاءِ نَصِيبٌ مِّمَّا تَرَكَ الْوَالِدَانِ  
وَالْأَقْرَبُونَ مِمَّا قَلَّ مِنْهُ أَوْ كَثُرَ نَصِيبًا مَّفْرُوضًا

سورة النساء: ٧





*“Men receive a share of what their parents and relatives leave, and women receive a share of what their parents and relatives leave; be it little or much—a legal share”. (Qur’an 4:7)*

*“Maza suna da rabo daga abinda iyaye biyu da mafi kusantar dangi suka bari ko karami ko babba - mai gado” ( Suratun Nisa aya ta 7)*

#### **8.4 Right to Protection**

Every action that threatens the security of life and will adversely affect the chances of the child to lead a normal life or that harms his body or psychology is strongly prohibited.

Allah says:

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَخُونُوا اللَّهَ وَالرَّسُولَ وَتَخُونُوا أَمَانَاتِكُمْ وَأَنْتُمْ تَعْلَمُونَ

سورة الأنفال: ٢٧

“O you who believe neither betray not Allah and his messenger nor betray knowingly your Amanat (things entrusted to you and all the duties which Allah has ordained for you”. (Q 8:27)

- ▶ “Ya ku wadanda su ka yi Imani ,Kada ku yaudari Allah da Manzansa ,kuma ku yaudari amanan ku , alhali kuwa kuna sane”.(Suratul Anfal aya ta 27)



وَاعْلَمُوا أَنَّمَا أَمْوَالُكُمْ وَأَوْلَادُكُمْ فِتْنَةٌ وَأَنَّ اللَّهَ عِنْدَهُ أَجْرٌ عَظِيمٌ  
سورة الأنفال: ٢٨

“And know that your possessions and your children are but a trial and that surely with Allah is a mighty reward”. (Qur’an 8:28)

“Kuma ku sani cewa abin sani kawai, dukiyoyinku da ‘ya’ yanku wata fitina ce .Kuma lalle ne Allah a wurin Sa ,a kwai ijara mai girma”. (Suratul Anfal aya ta 28)

Prophet Muhammad PBUH said: “There should be neither harming nor reciprocating harm” 2/748 Hadith 2340

Allah SWT says:

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا يَحِلُّ لَكُمْ أَنْ تَرِثُوا النِّسَاءَ كَرْهًا وَلَا تَعْضَلُوهُنَّ ذَهَابًا  
بِبَعْضِ مَا آتَيْتُمُوهُنَّ إِلَّا أَنْ يَأْتِيَنَّ بِفَاحِشَةٍ مُّبِينَةٍ وَعَاشِرُوهُنَّ بِالْمَعْرُوفِ  
فَإِنْ كَرِهْتُمُوهُنَّ فَعَسَى أَنْ تَكْرَهُوا شَيْئًا وَيَجْعَلَ اللَّهُ فِيهِ خَيْرًا كَثِيرًا  
سورة النساء: ١٩

“O you who believe! It is not permitted for you to inherit women against their will. And do not coerce them to take away some of what you had given them unless they commit a proven adultery. And live with them in kindness. If you dislike them, it may be that you dislike something in which Allah {God} has placed much good.” (Qur’an 4:19)



*“Yak u wadanda suka yi Imani, Bay a hallata a gareku ku gaji mata a kan tilas. Kuma kada ku hana su aure domin ku tafi da Sashen abinda kuka basu,face idan suka zo da wata alfasha bayyananniya .Kuma kuyi zamantakewa dasu da alheri. Sa’anan idan kun kisu,to akwai tsammani ku ki wani abu alhali kuwa Allah ya sanya wani alheri mai yawa a cikinsa”.***(Suratul Nisa aya ta 19)**





## CONCLUSION

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In conclusion, we need to understand that Islam is a holistic religion and contains adequate provisions to cater to all segments of life including health issues. The issues of pregnancy, maternal care, nutrition, antenatal/postnatal care are well addressed.

This manual developed by Islamic Religious Leaders will serve as a valid guide to Imams and Sheikhs in delivering valid Islamic messages on health issues. What remains now is for the Imams to develop strategies for disseminating the message to the Muslim ummah.

Indeed it's binding on every Muslim scholar to support the sensitization and awareness creation among the people on all issues that affect their spiritual and mundane life affairs as indicated in the following verse:

وَلْتَكُنْ مِنْكُمْ أُمَّةٌ يَدْعُونَ إِلَى الْخَيْرِ وَيَأْمُرُونَ بِالْمَعْرُوفِ وَيَنْهَوْنَ عَنِ الْمُنْكَرِ  
وَأُولَئِكَ هُمُ الْمُفْلِحُونَ

سورة آل عمران: ١٠٤

*“Let their arise among you a group inviting to all that is good, enjoining what is right and forbidding all that is evil, such are the successful” (Qur’an 3:104)*

*“Kuma wata jama’a daga cikinku, su kasance suna kira zuwa ga alheri, Kuma suna umurni da alheri, kuma suna*



*hani daga abinda a ke ki.Kuma wadannan.Su ne masu cin nasara''.(Suratul Imrana aya ta 104)*

*If one of you sees something wrong, let him change it with his hand, if he can't then with his tongue if he can't, then with his heart and not partaking in it.- Prophet Muhammad (SAW) (Al-Bukhari)*

May Allah assist us in making this book beneficial to all Amin.





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