

REPORT TEXT: A BALANCED DIET IN ISLAM

Kelas X - Report Text Integrated with Islamic Values

PERTANYAAN PEMANTIK

A. Warm-up

1. Look at the picture of food. What kind of diet do you think this is?
2. What kind of diet do you follow every day?

B. Guiding Questions

3. If you want to explain what Muslims eat in general —not just your own meal today — how would you start your sentence?

Describing YOUR meal today	Describing Muslim diet in GENERAL
"Today, I ate rice and chicken."	"Muslims eat halal and tayyib food."
Your turn:	Your turn:

C. Connecting to Islamic Values

4. Why do you think Islam teaches moderation in eating, instead of eating as much as we want?
5. How does fasting during Ramadan relate to a balanced diet?

ANSWER:

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A. READING TEXT

A Balanced Diet in Islam

A balanced diet means eating a variety of foods in the right amount to keep the body healthy. In Islam, a balanced diet is not only about health, but also about following the guidance found in the Qur'an and Sunnah.

The Qur'an mentions several types of food that are good for the body. It talks about fruits, vegetables, meat, milk, and honey. For example, Allah mentions "the flesh of fowls that they desire" (Qur'an 56:21), showing that meat is part of a healthy diet. Honey is also praised in the Qur'an as a food with healing properties.

Islam teaches Muslims to eat food that is both halal (permissible) and tayyib (pure, good, and healthy). This means Muslims should avoid harmful or unclean food, and choose food that benefits the body.

Moderation is another important principle. The Prophet Muhammad (peace be upon him) taught that a person should fill one-third of the stomach with food, one-third with water, and leave one-third empty for breathing. This teaches Muslims not to overeat.

Fasting during Ramadan also supports a balanced lifestyle. It gives the digestive system a rest and teaches self-control over food and desires.

In conclusion, a balanced diet in Islam combines healthy food choices, moderation, and spiritual discipline. By following these principles, Muslims can maintain both physical health and closeness to Allah.



B. Vocabulary

English	Arti (Indonesia)
balanced	seimbang
variety	keragaman
guidance	petunjuk/bimbingan
mention	menyebutkan
flesh (of fowl)	daging (unggas)
healing	penyembuhan



permissible	diperbolehkan
pure	murni/bersih
harmful	berbahaya
moderation	kesederhanaan/tidak berlebihan
overeate	makan berlebihan
digestive system	sistem pencernaan
self-control	kontrol diri
closeness	kedekatan

C. GRAMMAR REVIEW

Pattern	Formula	Example from the text
Relating verb	S + is/are/has/have	"A balanced diet is not only about health."
Action verb	S + V1(s/es)	"The Qur'an mentions several types of food."
Passive voice	S + is/are + V3	"Honey is praised in the Qur'an."
General noun (no article)	plural noun alone	"Muslims should avoid harmful food." (not "a Muslims")

Note: Report text always uses Simple Present Tense because it explains general facts that are always true, not a one-time event.

D. CONVERSATION

Read the conversation below and check you understand the words in italics. Guess the meanings of any words that you are unfamiliar with.

Fatimah : Aisyah, what does Islam say about eating habits?

Aisyah : It teaches us to eat a balanced diet.

Fatimah : What kind of food is mentioned in the Qur'an?

Aisyah : Fruits, vegetables, meat, milk, and honey.

Fatimah : Is honey really special?

Fatimah : Yes, it's praised for its healing properties.

Aisyah : What about eating too much?

Fatimah : The Prophet taught us moderation, so we don't overeat.

Aisyah : Does fasting help too?

Fatimah : Yes, it gives the digestive system a rest and builds self-control.

Task: let's practice! Practice with your friend to have a conversation about "diet or how to stay healthy in Islam way? Then, present in front of the class.



E. LKPD EXERCISES

1. With a partner, tick the terms you are already familiar with. Practise giving definitions for each word.

Halal	
Tayyib	
Moderation	
Sunnah	
Fasting	
Self-control	

2. Read the whole text. Complete the table below with information from the text.

Aspect	Information from the text
Foods mentioned in the Qur'an	
Meaning of halal and tayyib	
The Prophet's teaching on moderation	
How fasting supports balance	

3. Decide whether the statements below are True (T) or False (F). Correct the false statements.

A balanced diet in Islam is only about physical health. (.....)

The Qur'an mentions honey as a food with healing properties. (.....)

Muslims are taught to fill the whole stomach with food. (.....)

Fasting during Ramadan supports a balanced lifestyle. (.....)

4. Write. Think about one food mentioned in the Qur'an (e.g. honey, dates, milk). Look at the table and write a short report.

Name:	
Classification (fruit/protein/etc):	
Benefits:	
Mentioned in Qur'an/Sunnah:	
Value / lesson:	

5. Write. Arrange the information you have into a short report text (General classification + Description).

Tekan tombol "Jawab" untuk memulai mengerjakan LKPD interaktif secara bertahap.

JAWAB