#### أولاً: القراءة والاستيعاب

#### الصحة بين الماضي والحاضر

كانت علامة الصحة – في الماضي – أن يكون الإنسان سميناً، كثير اللحم والشحم، فالإنسان السمين هو الصحيح، والإنسان النحيف هو المريض. وكان الناس يأكلون كثيرا إذا وجدوا الطعام. وكان الرجال يفضلون الزواج بالمرأة السمينة، ولا يحبون الزواج بالمرأة النحيفة. تقدم الطب كثيراً الآن، وظهر أن هناك أمراضاً تصيب الشخص السمين، وهي أمراض خطيرة، مثل: أمراض القلب، والسكري، وضغط الدم.

لقد أصبحت البدانة - اليوم - علامة على المرض، وأخذ الناس يتبعون الحمية، فيتناولون طعاماً قليلاً ويبتعدون عن السكريات والدهون والنشويات.

وأصبح الأطباء يحذرون الناس من الطعام الأبيض، والحليب كامل الدسم قائلين: ابتعد عن السكر. ضع قليلاً منه في الطعام. لا تأكل الخبز الأبيض، كل الخبز الأسمر. لا تأكل الأرز الأبيض، كل الأرز الأسمر. وأصبح الناس يتبعون الحمية، فيأكلون قليلاً من اللحم الأحمر، والبيض، ويتناولون كثيراً من السمك والدجاج والخضراوات، والفواكه.

نهى الإسلام عن الإسراف في الطعام، لأن الأكل الكثير يضر الإنسان. قال تعالى: (وكلوا واشربوا ولا تسرفوا إنه لا يحب المسرفين). وقال الرسول – صلى الله عليه وسلم –: "ما ملأ آدمي وعاء شراً من بطنه، بحسب ابن آدم أكلات يقمن صلبه، فإن كان لا محالة، فثلث لطعامه، وثلث لشرابه، وثلث لنفسه. (4)

#### الأسئلة:

(1) السمنة؛ (1)

2-كيف أصبح الناس اليوم يتعاملون مع البدانة؟ (3)

3-ما المقصود بقول الرسول-صلى الله عليه وسلم-

(ثلث لطعامه، وثلث لشرابه، وثلث لنفسه.) (6)

## ثانياً: النحو

## مراجعة لما سبق دراسته

# إعراب الاسم

	الاسم المفرد:
بالضمة	يرفعيرفع
بالفتحة	ينصب
بالكسرة	يجر
	الاسم المثنى:
بالألف	يرفعيرفع
بالياء	ينصب_
بالياء	پجر
	الاسم الجمع:
	جمع المذكر السالم:
بالواو	يرفع
بالياء	ينصبينصب
بالياء	يجر
	جمع المؤنث السالم:
بالضمة	يرفع

بالكسرة	ينصب
بالكسرة	يجر
	جمع التكسير:
بالضمة	يرفع
بالفتحة	ينصب
بالكسرة	يجر

## الجملة الاسمية

الجملة الاسمية هي جملة مفيدة تبداء باسم وتتكون من ركنين أساسيين هما: المبتدأ والخبر.

المبتدأ: هو اسم تبدأ به الجملة الاسمية وهو دائماً مرفوع.

الخبر: هو ما يخبر عن المبتدأ وهو دائماً مرفوع.

#### أمثلة:

- 1- الطالبُ مجتهدٌ.
  - 2- الفتاةُ طيبةً.
- 3- المعلمان مخلصان.
- 4- المسلمون متعاونون.
- 5- الطبيباتُ ماهراتُ.

## <u>نموذج الإعراب:</u>

الطالب: مبتدأ مرفوع وعلامة رفعه الضمة

مجد: خبر مرفوع وعلامة رفعه الضمة

المعلمان: مبتدأ مرفوع وعلامة رفعه الألف مخلصان: خبر مرفوع وعلامة رفعه الألف

المسلمون: مبتدأ مرفوع وعلامة رفعه الواو

متعاونون: خبر مرفوع وعلامة رفعه الواو

#### Islamic studies

## **Early Life of the prophet**

- Muhammad was born in or around the year 570 CE to the Banu Hashim clan of the Quraysh tribe, one of Mecca's prominent families.
- Muhammad was orphaned at an early age and brought up under the care of his paternal uncle Abu Talib.
- Muhammad worked mostly as a merchant, as well as a shepherd, and married Khadijah, a 40-year-old widow, in 595 CE when he was twenty-five.
- In 605 CE, Muhammad honored all the Meccan clan leaders and set the Black Stone back into the correct spot in the Ka'aba.

## **Childhood**

Muhammad was born around the year 570 CE to the Banu Hashim clan of the Quraysh tribe, one of Mecca's prominent families. His father, Abdullah, died almost six months before Muhammad was born. According to Islamic tradition, Muhammad was sent to live with a bedouin family in the desert, as desert life was considered healthier for infants. Muhammad stayed with his foster mother, Halimah bint Abi Dhuayb (Halimah Assadia), and her husband until he was two years old. At the age of six, Muhammad lost his biological mother, Amina, to illness and was raised by his paternal grandfather, Abd al-Muttalib, until he died when Muhammad was eight. He then came under the care of his uncle Abu Talib, the new leader of Banu Hashim.

- Q1- When was Prophet Muhammad born? And Where?
- Q2- What is the prophet's full name?

### **Early Adulthood**

As the Messenger of Allah (blessings and peace be upon him) grew up, he surpassed everyone in intelligence, modesty and truthfulness. He was known for moderation, honesty and a serious sense of responsibility. In his early youth, he was known to be a thoughtful boy. He worked as a shepherd and played with other children. Even before he received his first revelation, Muhammad (blessings and peace be upon him) believed in One God, the God of Ibrāhīm (blessings and peace be upon him) and never fell into the common practices of his people of worshipping idols. He believed that there was only one God, and only He was truly worthy of worship. He never gambled nor did he drink alcohol. He did not engage in gossip and backbiting. He gave charity to the poor and looked after the needy. He never lied, never broke a promise and never bore false witness. Everyone respected him, and the people addressed him as "Al-Amīn", which means "the trustworthy one". He was also known as "As-Sadiq" or "The Truthful" for he never told a lie.

While still in his teens, Muhammad accompanied his uncle on trading journeys to Syria, gaining experience in commercial trade, which was the only career open to him as an orphan. Islamic tradition states that when Muhammad was either nine or twelve, while accompanying a caravan to Syria he met a Christian monk or hermit named **Bahira**, who is said to have foreseen Muhammad's career as a prophet of Allah.

Q1: Everyone respected the prophet, and addressed him as "Al-Amīn", and "As- Sadiq", WHY? Explain.

Q2: Who was Bhira?

#### His Marriage to Khadijah

When the Messenger (blessings and peace be upon him) was twenty-five years old, he married Khadijah bint Khuwaylid, an honorable Qurayshī woman of exceptional character. She was a successful businesswoman with fine intellect and great wealth. When Khadijah was informed about the Prophet's behaviour, truthfulness and outstanding ability, she expressed a wish to marry him.

Soon afterwards, Khadijah married the Prophet (blessings and peace be upon him) and the marriage proved a very successful one. Khadijah (may God be pleased with her) was the first woman that the Messenger of God married, and she bore him all his children except for Ibra im. Khadijah bore the Prophet four daughters:

Zaynab, Ruqayyah, Umm Kulthum and Fatimah and two sons: al-Qasim and 'Abdullah who was also known as at-Tayyib and at-Tāhir.

- Q3- How old was the prophet when he married Khadihah?
- Q4- Why did Khadihah express to marry the prophet?
- Q5- How many children did Khadijah have with the prophet? And who were they?

#### Rebuilding the Ka`bah

When the Messenger of God (blessings and peace be upon him) was thirty-five years old, the Quraysh decided to rebuild the Ka'bah, after a sudden flood had shaken its foundations and cracked its walls. When the rebuilding had reached the stage where the Black Stone (al-Hajar al-Aswad) had to be put in its place, a dispute arose and they began to argue fiercely, each clan wanting the honor of carrying out the noble task of placing the stone. The people were about to fight one another, when one of the elders suggested a solution: "Make the first person to enter the gate your judge", he said. They all looked, and to their immense delight, Muhammad (blessings and peace be upon him) entered. "It's al-Amīn, the trustworthy one", they cried, "We are content to follow his verdict.". The Prophet (blessings and peace be upon him) saw what was happening and asked for a piece of cloth. He then took the Black Stone and placed it in the centre of the cloth. Thereafter, he told each clan leader to take a corner of the cloth and lift it together. They did this, bringing it to its position. He (blessings and peace be upon him) then put the Black Stone in its place with his own hands. Thus, a bloody conflict was prevented and the dispute was resolved to everyone's satisfaction.

Q1: Why did the Quraysh decide to rebuild the Ka`bah?

Q2: Why was it important for the Quraysh clans to put the black stone in its place? How did the prophet help them do so?