ABSTRACT

MONIKA @ MUNIRAH BINTI ABD RAZZAK. Healthy Life Style: A Study on Food Based on Al-Qur’an and Science. Dissertation of Master of Usuluddin, Academy of Islamic Studies, University of Malaya, Kuala Lumpur, 2002.

Developing countries are facing many problems which affect their future. Some of these are health problems. Health problems such as deficiency in an essential nutritious element, malnutrition or obesity are the result of an imbalance between food intake and body needs. Due to the importance and need to promote positive health among Malaysians, the Health Ministry has since 1990 launched a healthy life style campaign to promote healthy living among individuals. So, it cannot be denied that an individual’s life style, reflects his states of health.

The aim of this study is to introduce healthy life style via food consumption as a way for solving the health problems and to change bad eating habits. Therefore, the first chapter begins an introduction, literature review and research methods. Secondly, chapter two mentions about the health concept and some practices that influence healthy life style. Then it continue with the definition of food, its objectives, factors that influence the consumption of food, its principles and classification through Islam and science.

This study also highlights two approaches that are relevant. First is the Quranic instructions related to the food, and secondly the scientific study. Among the Quranic instructions is guidelines on how to choose between halal and haram food, its effect on the people and how to practice good eating habits. Chapter three further explains the concept. Meanwhile the scientific study attempts to analyze the miscellaneous nutrients in food and describes the process of digestion. Then follow by the discussion of current food problems, its principles and dietary guidelines that are all obvious in chapter four.

Based upon the findings of the research, it is concluded that the combination of food instruction according to al-Qur’an and science, will result in a healthy life style. So, food is very essential for the maintenance, protection and cure for the duration of human life. Moreover, as long as the healthy food instruction according to Islam is clearly communicated to the people, and the scientific basis for such instructions made clear, then healthy living according to al-Qur’an and science can be combined for the benefit of the Muslim ummah. Finally, the last part comprises of conclusions, opinions and suggestions resulting from this study.