

The Manners of Eating

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A little note for you

Salam,

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With love,
Ummu Muhammad



Let's Memorize A Hadith!

'Umar bin Abu Salamah (May Allah be pleased with them) reported:

I was a boy under the care of Messenger of Allah ﷺ and as my hand used to wander around in the dish, he ﷺ said to me once,

" يا غلام سم الله تعالى، وكل بيمينك، وكل مما يليك "

"O young boy, say the name of Allaah and eat with your right hand, and eat from what is nearest to you."

[Al-Bukhari and Muslim].

Encourage your kids to memorize this simple hadith!

The prophet ﷺ taught his companion 3 simple etiquettes of eating;

1. To say 'Bismillah'
2. To eat with the right hand
3. To eat the food that is closest to us

The companion in this narration was only a boy at that time

From this hadith, we can see how the prophet ﷺ dealt with children when teaching them certain manners i.e. he used simple words which are easy to understand and remember.

Use the following page as a visual aid for your kids by printing them into flashcards or a poster.

سَمَّ اللَّهَ

Say the name of Allah (say Bismillah)

بِسْمِ اللَّهِ



وَكُلْ بِيَمِينِكَ

and eat with your right hand



وَكُلْ مِمَّا بَلَيْكَ

and eat from what is nearest to you.



Eating only that which is good and halal

Allah tells us in the Qur'an to eat that which is halal and good.

فَكُلُوا مِمَّا رَزَقَكُمُ اللَّهُ حَلَالًا طَيِّبًا وَاشْكُرُوا نِعْمَتَ اللَّهِ
إِنْ كُنْتُمْ عَلَيْهِ تَعْبُدُونَ

So eat of the lawful and good food which Allah has provided for you.
And be grateful for the Favour of Allah, if it is He Whom you worship.

[Surah an-Nahl: 114]

حلال

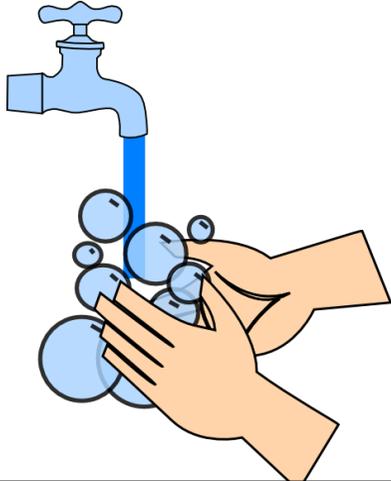
Halal

HALAL signs in food labels

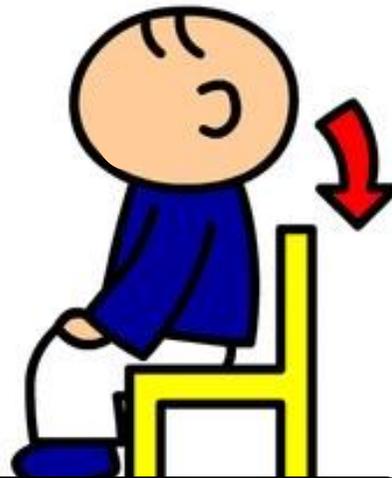
One of the ways to know whether a food is halal is by looking for the 'halal' sign, like the ones below!
Activity idea: Try to find these signs on food packages.



Before Eating



Wash your hands
before eating



Sit down



Remember Allah

When Eating



Eat that which is closest to you



Eat with your right hand



Share your food

Do not criticize the food



Do not eat too much

Do not blow on hot food



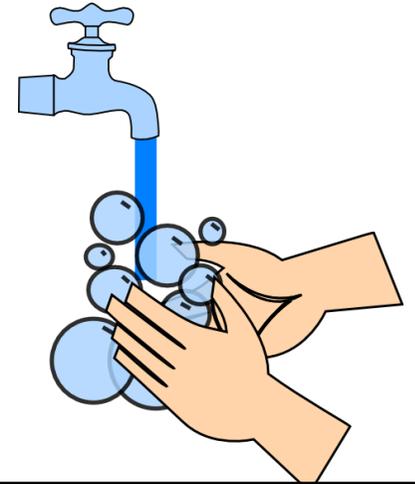
After Eating



Lick your fingers or spoon after eating

الحمد لله

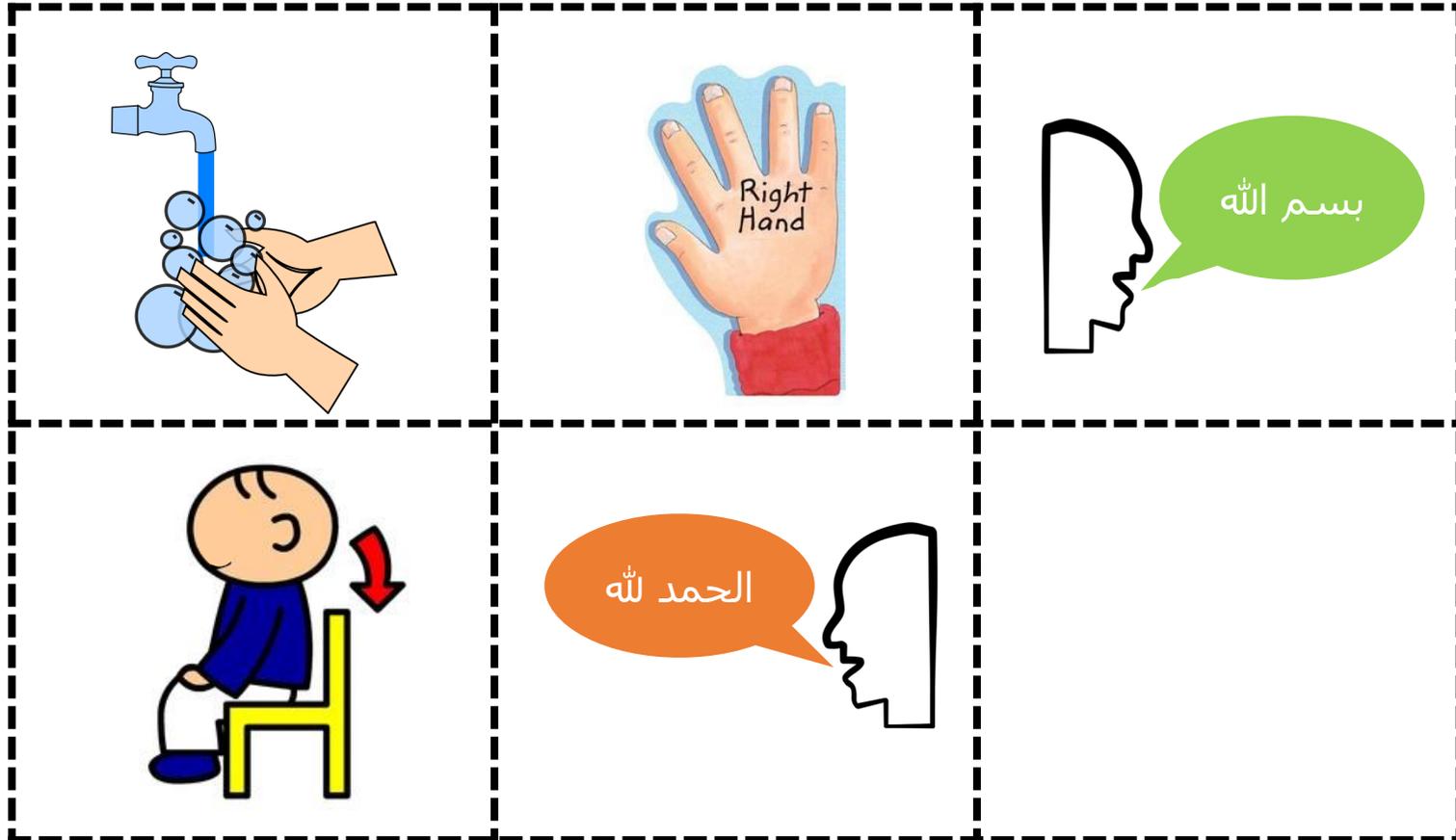
Remember Allah



Wash your hands and rinse your mouth

Manners of Eating : Cut and Paste Activity

Cut the pictures below and paste them in the following page.





Manners of Eating

Wash your hands
before and **after**
eating

Eat with your
right hand

Remember Allah
before Eating

Sit down when eating

Remember Allah
after Eating