

Sunnah Way of Eating

Print the two pages on A4 paper. Glue them together from the blank sides. Laminate.



The Sunnah Way of Eating.

1. To wash hands before and after eating.
2. To say before eating, (**bismillahi wa' alaa barakatillah**)
"In the name of Allah and with the blessings of Allah I begin (eating)".
3. If one forgets then one should say, when one remembers, (**Bismillah awwalahu wa aakhirahu**).
"With the name of Allah, in its beginning and its end,"
4. To eat from the edges of the plate and not its centre.
5. To eat with the right hand.
6. To eat with three fingers; the thumb, forefinger and middle finger. It is best to eat with the fingers and not a spoon to observe the sunna.
7. Not to eat too much.
8. To completely finish all food in one' s plate.
9. To say this dua when one finishes the food. (**alhamdulillah lillahi ataamana wasaqaana wajalanaa minal muslimeen**)
"All praise belongs to Allah, who fed us and quenched our thirst and made us Muslims".

