

MODULE 2

Class Title: Eating Etiquettes

Aim of the lesson: To teach the etiquettes of eating in the light of the Sunnah of Prophet Muhammad (pbuh)

Category: Personal Development

Lesson Format: Power point presentation with discussion

Greeting to students) *Assalam alaikum wa Rahmatullahi wa Barakatuh*

(*Taooz*) *Aodhubillahi min AsShaytanir Rajeem*

(*Tasmiyah*) *Bismillahir Rahmanir Raheem*

(Du'a) *Rabbish rahli sadri wa yassirli amri wahlul uqdatum millisani yafqahu qawli*

(Surah Ta-Ha 20: Verse 25-28)

Slide 1:

So, did you all have lunch before coming here? What did you have for lunch?

Students: I had spaghetti, Biryani, Pulao, Paratha.

Teacher: *Alhamdulillah*, today we will be discussing everyone's favourite topic. Especially mine. Food!

Slide 2:

These are some of my favourite foods; I love burgers, pizza and chocolate cake. What about you guys? What do you like to eat?

Student: cake.

Teacher: What about you?

Student: Pizza.

Slide 3:

Teacher: So, can anybody tell me why we should eat?

Students: For survival, to grow, to get nutrition, to stay healthy.

Teacher: So basically you want to eat food so that you can stay healthy, grow and survive, okay.

Slide 4:

But one of the most important reasons that I have come across is; Allah (swt) says in the *Qur'an*;

“O children of Adam! Take your adornment while praying and going around the Ka’bah and eat and drink but waste not by extravagance. Certainly He (Allah (swt)) likes not those who waste by extravagance.” (Surah Al-A’raaf: verse 31)

In this *ayat* (sign/verse of the Qur’an) Allah (swt) asks us to eat and drink. Right? So the most important reason for eating is because Allah (swt) has asked us to do so. Another reason for eating is to stay healthy, but why? Why does a Muslim eat? Why does a Muslim want to stay healthy?

Student: It’s in the *Qur’an*.

Teacher: okay. So, that a Muslim can be fit and thus be able to worship Allah more, thereby gaining rewards which would eventually take him to Paradise, *InshaAllah*.

Slide 5:

Allah (swt) has provided food for us and He has asked us to eat from it and has also informed us as to how to eat. Did you know that Allah (swt) has taught us how to eat? Who agrees? How many? And who says it is parents who teach us how to eat? Do just parents train us how to eat? Or do we just eat anyway we like, gobble down or whatever?

So, Allah (swt) has given us guidelines through the Prophet Muhammad (pbuh). He (pbuh) was the best example for us. Amongst many things, he even taught us how to eat. So for a Muslim, every act; from bathing, sleeping, waking up in the morning, stepping out of the house, or whatever he does can be a source of gaining reward. How? How can it become a source of gaining reward?

Student: if we follow the *Sunnah*, (way of the Prophet (pbuh)).

You are right on target. If we follow the *Sunnah* i.e. if we follow the example, the method taught by the Prophet (pbuh) and follow the *Sunnah* in every mode of life, we can convert even simple acts, into acts of worship. We are not limited to making a major effort by just sitting and worshipping and going through the rituals to gain reward. We don’t need to allocate a special time for it. Every act of yours can be converted to an act of *i’badah* (worship) if you do it according to the *Sunnah*.

So, everything, even eating food, even fun can be *i’badah* for a Muslim if we follow the example set by the Prophet (pbuh). So, we will just discuss a few ways that can make our eating into fun as well as *i’baadah*. We are eating so why not gain the maximum out of it; maximum health, maximum rewards.

Slide 6:

First of all, what do we do before we eat? Do all of you wash your hands?

Students: yes

Why do you need to wash your hands before eating? You need to wash your hands for, hygiene; to get rid of germs; so that germs and impurities don’t enter your system.

That's true, but also washing hands before and after eating makes blessings descend on the food. It is mentioned a *hadith* that: "Food is blessed when one washes his hands before and after it." [Tirmidhi]

Slide 7:

Then we say; *Bismillah*, we all know that? Right? You all learnt that in your early years of life. Why do you say *Bismillah* before eating? Would anybody like to guess?

Student: you eat by the grace of Allah (swt).

Teacher: okay. Anyone else?

Student: Allah (swt) asks us to begin every act with *Bismillah*.

Teacher: And also there's this one guy who is waiting to attack our food and fill his belly with whatever food we are eating and become strong. So, if we forget to say *Bismillah* the food's energy goes to Mr *Shaytan* (Satan). He is just waiting for every opportunity to grab our food and get all the energy out of it¹.

So, we are just munching and eating and making all the effort but he's the one getting the energy. Right. So, once we say *Bismillah* we get rid of whom?

Students: *Shaytan*

We get rid of *Shaytan*. Okay, but sometimes we forget to say *Bismillah*, right. Do we forget? I do forget sometimes. Do you all forget sometimes? So what do we do if we forget?

Student: we recite the *du'a* (invocation to Allah)

Teacher: we recite the *du'a*, very good, *mashAllah*.

As the Prophet Muhammad (pbuh) said: "When one of you eats, he should mention Allah's name (i.e. say '*Bismillah*'); if he forgets to mention Allah's name at the beginning, he should say (when he remembers): I begin in the name of Allah at the beginning and at the end of it (*Bismillah awwalahu wa Akhirahoo*). [Tirmidhi]

So what happens when we recite this *d'ua*? Satan is made to vomit out whatever he grabbed from our food. All this is from a *hadith*. These are not the exact words.

¹ Jabir (ra) reported: I heard Messenger of Allah (pbuh) saying, "If a person mentions the Name of Allah upon entering his house or eating, Satan says, addressing his followers: 'You will find nowhere to spend the night and no dinner.' But if he enters without mentioning the Name of Allah, Satan says (to his followers); 'You have found (a place) to spend the night in, and if he does not mention the Name of Allah at the time of eating, Satan says: 'You have found (a place) to spend the night in as well as food.'" [Muslim]

The Prophet (pbuh) was sitting while a man was eating food. That man did not mention the name of Allah (swt) (before starting to eat) till only a morsel of food was left. When he raised it to his mouth, he said: *'bismillah awwalahu wa akhirahu* (with the name of Allah, in the beginning and in the end).' The Prophet (pbuh) smiled at this and said, 'Satan had been eating with him but when he mentioned the name of Allah, Satan vomited all that was in his stomach.' [Abu Dawood]

Slide 8:

What do we do next? We sit down and eat.

When we go for weddings and parties, what are we doing? Are we sitting and eating? Is everyone sitting and eating at a buffet arrangement? Or do we see people standing and eating as well? And sometimes we might tend to do it ourselves. We meet a friend and we just stand around eating and chatting and forget to sit down. Mankind is forgetful so we need reminders.

Basically, we are just reminding ourselves that we have to sit down and eat. But why? Why do we sit down and eat?

We sit down and eat because that's what Allah (swt) has asked us, and that's how the Prophet (pbuh) used to eat ².

An interesting thing is that today dieticians and nutritionists are telling us – Sit down and eat! That is the healthiest way to eat, rather than standing up or walking around.

They have given this rationale:

Standing up:

- you don't realize how much you eat, therefore you eat more calories
- you seem to tell yourself subconsciously the calories don't count when you are standing in the pantry picking and snacking
- you nibble on something out of the fridge when you are reaching for something else- those calories count too
- all calories add up you tell yourself It won't really matter or count if I eat this even if it's just a bite
- most eating standing up are impulses, not planned with your diet or what you were supposed to eat for the day
- Seem to give into more temptation
- Try to avoid eating while in the car, walking or running errands. This leads to "unconscious" eating and you will forget how fast and how much you're consuming
- tend to eat only when you are bored, or from habit or emotion

² Anas (ra) reported: The Prophet (pbuh) forbade us from drinking while standing. Qatadah reported: "We asked him: 'What about eating?'" He said: "That is even worse, (or may be he said) more detestable." [Muslim].

Eating sitting down:

- These calories count and you can easily monitor what you eat and thus avoid over eating
- Feel more satisfied
- This habit is key to maintaining or losing weight
- you will be more likely to eat slower and really enjoy every bite of your meal
- tend to eat only when it's time or only when you are hungry

So are you a standing eater or sitting down eater? ³

Amazing – Alhamdulillah.

Slide 9:

And not only sit down and eat, but eat with our right hand. So, if we go to a restaurant, for instance the table is set with the fork on the left, the knife on the right, the dessert spoon in front of us.

So what do we do? We start eating with our left hand with the fork as this is what we have been taught, that the fork is on the left and the knife on the right and it's easier to cut with the knife from the right, So, many of us tend to do that, right. Eating with a fork and knife is not *haram* (prohibited/not allowed) in Islam. It's allowed but you have to remember hold the fork in your?

Students: right hand

Teacher: right hand, okay.

It was narrated from Ibn 'Umar (ra) that the Prophet (pbuh) said: "No one among you should eat with his left hand, or drink with it, for the *Shaytan* eats with his left hand and drinks with it." [Muslim]

So, we eat with our right hand to gain maximum blessings from our food. The Prophet (pbuh) used to eat with his right hand with three fingers.

We will discuss eating with three fingers in a while.

Slide 10:

How should one sit, when we sit down to eat? This is the way the Holy Prophet (pbuh). used to eat and this is how he used to sit.

According to the gist of a *hadith*; the Prophet (pbuh) disliked anyone reclining and eating. The Prophet (pbuh) would never eat in a reclining position [Bukhari].

His whole life was a model of modesty and humility and this was no less in his

³ <http://bubblegumgymkat.wordpress.com/2010/07/16/eat-sitting-down-not-standing-up/>

manner of eating. The Companion Anas (ra) reported that he saw Allah's Messenger (pbuh) squatting and eating dates.

Anas (ra) reported: I saw Messenger of Allah (pbuh) eating some dates while sitting on his buttocks, with his legs raised. [Muslim].

Other times, the Prophet (pbuh) would sit on his knees.

'Abdullah bin Busr (pbuh) reported: The Prophet (pbuh) had a large bowl called Al-Gharra', which would be carried by four men. One day, when the Companions finished their Duha (forenoon optional) prayer, Al-Gharra' was brought full of sopped bread, meat and broth, and they sat down around it. When their number increased, Messenger of Allah (pbuh) sat down on his knees and rested on the soles of his feet. A bedouin said to him: "What sort of sitting is that?" Thereupon Messenger of Allah (pbuh) said, "Verily, Allah has made me a courteous slave not a fierce tyrant." Then he said, "Eat from the sides of the bowl and leave the central part of it so that your food will be blessed." [Abu Dawud].

The Prophet (pbuh) used to sit with one knee folded and one knee bent; he was a Prophet as you all know. But in spite of that, he used to behave with humility. Another benefit of sitting in this position is that it presses your stomach and you only eat as much is required to benefit your health, for survival, for growing, for staying fit, these are all the reasons we eat for. If we are eating more than that, then what is it called? Overeating.

Slide 11:

(Play clip 1 eating with chopsticks.)

Okay. Now, just observe what this little girl is doing. How old do you think is this girl? Three years old? Or maybe she is about two and a half years old? And what is she doing? What is her father teaching her? How to eat her food using chopsticks. Is she able to do so? Or is she saying no I can't, it's too difficult? She's trying. She's trying. I think she is doing pretty well for a two year old. How many of you can eat with chopsticks? Have you tried to eat with chopsticks? How many would like to try?

Student: I tried but couldn't so I gave up.

Teacher: you can't. So you have given up? Why can't you? Maybe you don't know the exact technique or don't have enough practice.

Student: I've not been taught.

You were not taught, but you can learn it at any age. You don't have to be a little kid to learn something. You are never too old to learn anything.

Slide 12:

(Play clip 2 How to hold chopstick)

Now look at this carefully; this is how you are supposed to hold the first stick. Place the other chopstick between the index finger and the thumb. Hold it like you hold a pencil and then you move the index finger and the thumb holding the chopstick. And this is how you eat with chopsticks. Seems pretty simple, doesn't it? So, you can go home and try it with two pencils.

Okay, but don't eat with your pencils, just practice the movement, because the pencil has lead and that can cause lead poisoning. Once you have practiced you can go to a Chinese restaurant and try it. I went last week and my little son wanted to try eating with chopsticks. Believe me, he is so fond of eating but he hardly ate anything because he spent his time trying to eat with his chopsticks. But it was fun.

Slide 13:

So, to be able to learn something you need practice and you have to know the correct technique. The Prophet (pbuh) used three fingers to eat. Ok, the index finger, the middle finger and the thumb. This is how he used to eat. Sometimes he used the third finger (the ring finger) for support, if your food is falling you can use this one too, basically this what the Chinese also use.

And if this little girl in the previous clip could do it with two sticks held in three fingers, why can't we do it? Using our three fingers and this little ring finger for support? Why can't we? Is it that difficult? It's not that difficult. We can practise because then we will gain the reward of following the *Sunnah* of the Prophet (pbuh).

After eating, the Prophet (pbuh) used to lick his fingers.⁴ This again will bring rewards for us, extra bonus rewards. We have to eat so why not gain the maximum reward from it?

Slide 14:

The Prophet (pbuh) did not like anyone to recline and eat, he did not approve of that behaviour, in fact he disliked it.

The Prophet (pbuh) said: "I do not eat whilst I am reclining." [Bukhari]

And what do we do? Our favourite TV show is on, it's dinner time, what do we do?

Student: sit in front of the T.V with our food.

How many of us? I used to, up until I didn't know when. I used to love doing that. But now *Alhamdulillah* I am trying to change this habit. What is wrong with sitting in front of the TV and having food?

Student: you eat unconsciously.

⁴ *Hadith - Sahih Bukhari 7.366, Narrated Ibn Abbas*: The Prophet (pbuh) said, "When you eat, do not wipe your hands till you have licked it, or had it licked by somebody else."

Teacher: you overeat.

Student: you eat more than you are supposed to.

Yes, you eat more than you need. You are not aware when your stomach gets full. And you keep on eating till the end of the show. Then you might not even know what the food tastes like, it could be fried ants with green chillies! You also forget Who the Provider of the food is and completely forget to thank Him. The entire focus is on the programme.

Slides 15 - 16:

What happens at parties? What do we do? We go to this lavish brunch with the buffet, the salad bars, the appetizers, the main course, the desserts and different kind of beverages. Is it not allowed to go and enjoy food at such places?

Student: it is not allowed.

Teacher: how many of you say it is not allowed? How many of you say it is allowed? Okay fine. It's allowed, but what is not allowed?

Student: wasting food.

Teacher: yes, wasting it. What should we do?

Student: take small helpings.

Yes, the food is lying there in front of you, it is not running away. You take a little bit. What is generally done at these 'all you can eat' places? You put a lot in your plate and then you waste it.

What should be done? You should take a little and then if you want more you can go for the second, third and even a tenth helping but don't waste it. We cannot disrespect food, we cannot waste it. Not at any cost.

We have relatives living in foreign countries like in the United States, Canada or England. They say that in Pakistan we have the convenience of giving leftovers to our maids, beggars on the street, *Alhamdulillah*. We can send the leftover food from weddings to orphanages etc.

In the United States and other such countries where they don't have the facility to constructively dispose their leftovers; people tend to just throw it in the trash. What can be done? They can collect the food and if there is no one to take the food.

They can give it to animals. The food can be dried and then sent to the pounds they have. It can also be used as fodder for animals. Or the leftovers can be stored properly for future use. All this can be done provided the leftovers are not the messy bits in your plate. If we take a little we will not land up wasting much.

Slides 17 – 19:

What happens when we overeat? We keep on eating as we really like the chocolate cake so we take the second slice, the third slice, and continue on eating. What happens? What can it lead to? Yes, it can lead to Obesity.

The Prophet (pbuh) said: “A believer eats in one intestine where as a non-believer eats in seven intestines”. [Bukhari]

So what are we suppose to do? Which category are we going to fall into? Where do we want to be? ...Amongst the category of the believers. Those who eat in one intestine only. So, you know that posture that we saw in that previous slide?

Student: what if we have a big appetite?

You can't help it if your appetite is big! But how big? You know, there is a limit to big. Fine if your appetite's big, you can eat according to your appetite, but we are talking about overeating. You know being tempted to eat more and more. We go for the *Ramadan* deal at Pizza Hut and what do we do? We have to eat our money's worth. We take the cousins with good appetites. She will eat at least eleven slices. I will eat three but she will have at least those eleven so we will balance off well.

It will be like almost more than one and half pizzas between the two of us. Money well spent!” *”paisa wasool”* (getting your money's worth) as we say. But that's not what we are supposed to do. A Muslim is supposed to do everything in moderation. It's good for our health and self. Initially, when I asked you all why you eat, you said for good health, most of you said to stay healthy, to stay fit. Do you think by eating those eleven, twelve, thirteen slices of pizza you are staying fit? No, it is damaging for your health.

There is another *hadith* which says; “The son of Adam does not fill any vessel worse than his stomach. It is sufficient for him to eat a few morsels to keep him alive. If he must fill it, then one third should be for his food, one third for his drink and one third for air.” [Tirmidhi]

That's the maximum that you know you should be eating: One third for food, one third for drink and one third for air. So, does that answer your big appetite question? Yes? This is what you should be eating. Otherwise just a few morsels are enough for survival.

Student: what do we do if we are really hungry?

You know I came across this fact which states that it takes 15-20 minutes for the brain to realize that your stomach is full. So, if you eat slowly and chew while you are eating, the stomach will be able to send a signal to the brain that it's full. If you eat too fast you tend to eat more. There should be a certain quantity that you should eat. If you are hungry after a couple of hours, you can have a snack, perhaps a piece of fruit or two biscuits or something. You don't have to eat a large quantity at a time. So, does this answer your question that if you are really hungry what should we do?

Student: yes.

Student says: what if we are eating a burger?

We should be eating with our right hand, but if you are eating a burger, that's what she, asked. If you are having a burger and a coke, use the right hand for both alternately, Ok. We usually tend to hold both in different hands and have it (burger with right and coke with left!) which should be avoided. If you are eating a burger you don't have to use two hands to eat it. Do you have to?

Student: how do we hold it? It's so big!

Teacher: yes, you can cut it into half and eat it with your right hand. There is always a way. If there is a will, there is a way and you look for ways.

Student: isn't it okay to hold it with both hands?

Both hands? If you eat it with both hands, no it is not Ok. Prophet (pbuh) forbade anyone to eat with his left hand ⁵.

Student: what if you are a lefty?

Teacher: I was coming to that. If you are a lefty. Lefty is not for everything. Handshakes? It is traditional and socially acceptable in most countries for a handshake to be made with the right hand. We understand that a left-handed handshake is used as a recognition device by some secret societies and has "sinister" meanings ⁶.

Definition of a lefty - a person who uses the left hand with greater skill than the right. It doesn't apply to everything. It doesn't mean you are not able to use the right hand at all! What about driving the car (a right hand drive car)?

Remember the chopsticks. Practice makes perfect so its practice, practice and practice. I used to cut my food with the right and eat with the left. I lived outside Pakistan for a while so I was taught that in school, this was what we were supposed to do, this was the etiquette, this was the civilized way, that's how I grew up.

⁵ 'Umar bin Abu Salamah (ra) reported: I was a boy under the care of Messenger of Allah (pbuh), and as my hands used to wander around in the dish, he (pbuh) said to me once, "Mention Allah's Name (i.e., say Bismillah), eat with your right hand, and eat from what is in front of you." [Bukhari and Muslim].

Salamah bin Al-Akwa' (ra) reported on the authority of his father: A man ate with his left hand in the presence of Messenger of Allah (pbuh), whereupon he said, "Eat with your right hand." The man said: "I cannot do that." Thereupon he (the Prophet (pbuh) said, "May you not be able to do that." It was vanity that prevented him from doing it and he could not raise it (the right hand) up to his mouth afterwards. [Muslim].

⁶ See more at: <http://www.anythingleft-handed.co.uk/lh-info/lefty-disadvantages>.

.... And, by the way, I am a righty. If righty's can/are trained to eat with their left in other (non Islamic) cultures, i.e....holding the fork in left hand, then why can't lefty's, who are Muslims eat with their right?...

When I reached my teens, someone corrected me that you should not be eating with your left hand; you should be using your right. Every afternoon, when I used to get home from college, I used to practice cutting with my left hand and eventually I mastered it. I practised on my own so that people could not see how clumsy I was. I put in this effort because I wanted to do what was right; so if there is a will, there is a way.

The left hand is used by a person to clean up filth, wash himself after going to the bathroom, and other similar activities. The right hand is used for clean practices like eating and shaking hands.

It is not permissible to eat with the left hand. Because if you eat with your left hand, the food is not going in your stomach, the mass is going in your stomach but the energy is going to Mr *Shaytan*⁷.

Therefore, a person must give preference to their right hand while eating. No one should make excuses for not giving preference to their right hand unless that person has suffered the loss of his right hand or suffers from some genuine affliction that makes using the right hand truly difficult.

It is alright for a person to use the left hand for other activities like physical work, cleaning, cooking, writing, and the like.

Slide 20:

Sometimes the food looks so yummy and delicious and so tempting that what do we do? We fill our plates; we take five, seven, eight pieces of perhaps *kebabs*. By the time we are on the second or third one we realize that we are not able to eat anymore. We are too full and then we throw it away. What should we be doing? What should be done?

Student: take just one!

Yes! Take one or maybe two, if you are sure that you can eat both and then later you can take more. *InshAllah* we will try doing that.

Slide 21:

Is this very pretty (pointing to a slide)? But there are people who do that. These are real pictures with people actually doing that: Dropping food from the plate, eating

⁷ The Prophet (pbuh) said: "If one of you eats, he should eat with his right hand. And if he drinks something, he should drink with his right hand. For indeed, Satan eats and drinks with his left hand." [Muslim]

with their entire hand, gobbling and making a mess. This does not befit a Muslim in anyway.

Slide 22:

(Play clip 3 greedy French fry eater)

Now, look at this. What's wrong here? Is something wrong here?

Student: she is not closing her mouth.

Excellent! She is not closing her mouth; she is chewing with her mouth open. So we are not supposed to make sounds whilst chewing. It is also not liked.

Student: what if we are eating crisps/chips?

The sound of breaking something in your mouth is fine, as long as your mouth is closed and it is inside your mouth. Like when we eat chips, there is a crunching sound that's fine. But it doesn't have to be like....*chap chap chap* (sound of eating with our mouth open). That's ugly, it annoys & irritates the person sitting next to you, and this sound normally comes about when you chew with your mouth open. I feel sick and feel like throwing up if I hear someone going *chap chap chap*.

Slide 23:

Again, we eat from what is in front of us. The Prophet (pbuh) said that: "Eat from what is in front of you; don't reach out to get food that is in front of others." [Abu Dawood]

Prophet (pbuh) him) said to 'Umar ibn Abi Salamah: "O young boy, say *Bismillaah*, eat with your right hand, and eat from what is directly in front of you." [Bukhari and Muslim].

We go, sit at a table, in front of us is a plate with vegetables and in front of our brother is a plate with burgers, What do we tend to do? Grab at the plate with the burgers.

Student: what if we want the burger?

We should not grab at food or reach out for it in a way which reflects greedy behaviour. Our behaviour should show humility: that you are graceful, dignified and civilized. We should ask for it and wait for our turn.

Student: what if we are so hungry that we can't wait?

Do you fast? How hungry can you be? You eat nothing between *sehri* and *iftar*, right? So, if we can practise self-control when we are fasting; when the food is there but you are controlling yourself. Similarly you can control yourself when you are not fasting. That's why a Muslim is made to fast; to gain self-control and not be controlled by other things. You keep your remote in your hand. Don't give it to others. Other forces

that tempt, especially the one tempting us, Mr *Shaytan*. A Muslim learns to be his own master, not a slave to others.

Slide 24:

Sometimes we do not like what is served before us, what do we do? There is *karela* (bitter gourd) and *bhindi* (ladyfinger). What do we do?

Student: you ask for something else.

Teacher: how nicely? You ask for something else, but how nicely?

Student: we shout.

Teacher: what do you say?

Student: I don't like this, give me something else.

Teacher: you shout. I don't like this, give me something else! You could have made burgers or pizzas or even a sandwich! Why did you have to make this?

The Prophet (pbuh) never criticized food. ⁸

If he did not like something, he did not eat it. So, what can be done on days when mum has cooked something that only you don't like and the rest of the family likes?

They also have the right to eat what they enjoy. So, what can you do? You can be more civil, more polite and you could perhaps just taste a bit and say thank you mom, for working so hard and making such a great effort for cooking such nice food for the whole family.

Student: you don't like it and it tastes horrible and you are like it's really good? That's a lie! So, you can just say thank you.

Teacher: yes, thank you, that's what I am saying; thank you for working so hard and cooking for the family. You can be polite and gracious, your mum knows that you don't like that food, she has raised you.

Sometimes moms like to make those things which are healthy, not because they have an agenda. Sometimes they feel that when you were younger, your taste buds had not matured, but now that you are older perhaps you may enjoy it.

So do try it, you don't have to eat if you don't want it. You can have a sandwich later. Just taste it and say thank you for the effort you put in. She will realize that you are pretending to make her happy and will appreciate the fact that you are sensitive to her feelings.

⁸ Abu Hurairah, (RA) reported that the Prophet (PBUH) never found fault with food. If he liked it, he would eat it, but if he disliked it, he would leave it. [Bukhari & Muslim]

Who else will be happy? Allah (swt) will be happy. So. why are we here? To please Allah (swt): it is our main purpose.

Slides 25 – 26:

So here the child is eating with one hand. What is happening here? He's eating with one hand so what is wrong?

Student: stuffing his mouth.

He is stuffing his mouth like he has never eaten anything in his life. Yes, it shows greediness, gobbling and eating with his mouth open.

Slide 27:

(Play clip 4 GRUB)

Student: he's eating too fast.

Slide 28:

Compare it to this one. This slide. Can you hear the munch munch sound.

(Play clip 5 cow grazing)

Yes, his behaviour resembles the cows. So, do we want to look like cows and animals when we are eating? No! That's not dignified. A Muslims is very dignified. The cow is eating, chewing from wherever it likes. It eats, steps on the food, stands and eats and leaves whatever is excess. It's all animal behaviour.

Slides 29 – 30:

What happens when there is one burger and two people? What do we do?

Student: divide it in half.

Alhamdullillah. Do we do that? There are two slices of cake; one is a bit bigger than the other. What do you do? The larger one is mine? Do you say that? Be truthful now. Yes, you do, don't you?

Student: what do we do if our younger siblings fight?

You can teach them to share. That perhaps if you give the person the larger slice, Allah (swt) will be happy with you and He may reward you with another cake.

Abu Hurairah reported: the Prophet (pbuh) said, 'the food of two persons suffices for three persons and the food of three persons suffices for four persons.' [Bukhari & Muslim].

Slide 31:

We must be aware that shaitaan is around us wherever we are and whatever we are doing. Even when we are eating shaitaan is in our presence, waiting to grasp any opportunity he can to fill his belly⁹.

What happens when we go to Pizza Hut? We eat most of the pizza and leave the crusts. Right? Try starting from the edges and not from the middle? What is a pizza? A pizza is a circle cut into slices. Where do we eat from? We eat from the centre.

The Prophet (pbuh) said that: “The blessing descends in the middle of the food, so eat from the edges and do not eat from the middle.” [Tirmidhi].

So, as long as the middle is there; the blessings will keep on descending. So you start eating from your side and by the time you reach the middle, it’s really full of blessings.

Student: so should we be eating from the edges first?

Teacher: better if you do because that way you will make sure the edge is eaten, the crust eaten and you won’t be wasting anything.

Slide 32:

Now after a party or snack time what happens here? We leave the place in a mess. The used straws, empty wrappers, the chips and biscuit wrappers and the empty juice boxes. Who is going to clear all that up? Who is going to do the dirty work? Someone else is? Is that fair? No it’s not fair at all.

Slide 33:

Now after you eat you should rinse your mouth. The Prophet (pbuh) said: The *barakah* (blessing) of eating is gained by washing the hands and rinsing the mouth before and after meals. [Tirmidhi]

Slide 34:

And remember to say – Alhamdulillah (Praise is for Allah) – after eating or drinking.¹⁰ When we have finished eating, we should always remember Allah and be grateful to Him, for He is ar-Razzaq, the Provider and our Sustainer We should express this gratitude in the manner in which the Prophet (pbuh) taught us.

⁹ “The Satan is present with everyone of you in everything he does; he is even present when he eats food, so if any one of you drops a mouthful, he should remove away anything filthy on it and eat it and not leave it for the devil; and when he finishes, he should lick his fingers for he does not know in what portion of his food the blessing lies.” [Muslim]

¹⁰ Another Du’a for after eating: “*Alhamdulillahil-lazee at’amanaa haadha warazaqeenee min ghairi hawlin minnee wala quwwah*.” All praise is for Allah, who has given me this (food to eat] and provided me without any effort or power on my part. [Tirmidhi]

The Messenger of Allah (pbuh) said: “Allah will be pleased with His slave if, when he eats some food he praises Him for it and when he drinks something he praises Him for it.” [Muslim]

Slide 35:

So this is just a wrap up of what to do when you are eating. We learnt: wash your hands before and after a meal. Don't forget to say *Bismillaah* before you start eating your food. Sit down and eat or drink. Eat with your right hand. Also, when we eat we should use 3 fingers to eat and not the whole hand to stuff the food down our throats. No, that is not how a dignified Muslim eats.

A Muslim behaves moderately even when he is eating. No matter how hungry you are remember you must eat from what is in front of you. Don't eat too much and remember don't waste food and finish what's on your plate. Lastly, don't forget to thank Allah (swt) for the meal He has given you.

Slides 36 – 37:

And always be thankful to Allah (swt), never be ungrateful. Why? Because there are so many in this world who just survive on the crusts and crumbs we throw away. Won't Allah (swt) question us about this? Wouldn't it have been better that we had one slice less, but finished our crusts and gave the extra slice to the guy who is starving?

Slides 38 – 39:

How can we waste food when there are so many people in the world facing starvation? Do you think we won't be questioned about this on the Last Day? We should think about these people when we are eating and we should thank Allah (swt) for our fridge full of food. *Alhamdulillah*.

Remember to spread the word and get your rewards *InshaAllah*. We will all try and inculcate *sunnah* eating habits ourselves, *InshaAllah*.

(Du'a for end of a gathering) *Subhana Rabbika Rabbul Izzati 'amma yasifun wa salamun 'alal mursaleen, walhamdulillah Rabbil 'alameen*

(Parting salutation to students) *Assalam alaikum wa rahmatullahi wa Barakatuh*

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