
MANNERS OF EATING & DRINKING

THE MANNERS OF EATING

There are certain table manners that are essential. Say '**Bismillah**' when starting, and to thank Allah and say '**Alhamdulillah**' when finished. Eat what is in front of you. Eat using your right hand. A **hypocrite was eating** with his left hand when the Prophet saw him and advised him to eat with his right. The man falsely said 'But I cannot' The Prophet said '**May it be so**' and the hypocrite was not able to lift his right hand again.

If eating with your hand, use three fingers with small bites, lifting it gently with ease to your mouth. Close your mouth while chewing to avoid unnecessary noises. To eat on the floor is nearer to what the Prophet used to do. However, there is no problem to eat at a table. Imam Ghazali said, 'To eat at a table is to make eating easier and there is nothing against that.' Do not start eating ahead of the elders or the nobles. If you are the elder, do not commence eating before everyone is at the table.

Always wash hands before eating. It is preferred that eating should not be conducted in silence. It is good manners to do some talking during meals. Topics should be nice stories suitable for eating. At the end of the meal, if hands are to be washed, the elder or the noble should be asked to proceed first. Washing hands is Sunnah.

At the end of a meal, thank Allah as in the Hadith 'Thank Allah who fed us and provided us with drink. It is very appropriate to make a prayer for your hosts as it is reported that the Prophet said, '**May Allah feed those who have fed us, and provide drinks to those who provided us with it.**'

Do not express your disapproval or dislike of certain foods. Either eat it or pass it over **quietly**. Abu Huraira reported **that 'the Prophet never expressed his dislike of a food. If he liked it he will eat it. If he disliked it, he will set aside.'**

Once Prophet (saw) ate dry bread with vinegar, since there was nothing else at home. He ate it and praised it by saying "**Vinegar makes good curry**"

Do not put in your plate more than you can eat. Leftovers should not be thrown out, and wasted. Put smaller portions twice rather than one large portion that you will not eat. The Prophet did not approve of leaving any food in a plate since as he said 'You don't know which portion is blessed'. Food is a blessing of Allah, to misuse it is contrary to Islam. Do not forget the poor and the needy who do not have the portion you are throwing away. Eat from your side of the plate.

Words of Wisdom: "Since we depend on a large amount of food, we should respect even a little amount of food"

THE MANNERS OF DRINKING

Drinking manners are no less important. To start in the name of Allah is a must. Use your right hand to drink. Hafsa (RA) said 'the Prophet used his right hand for eating

and drinking. He used his left for other things [such as personal hygiene]. Do not pour your drink down your throat in one gulp. Drink it in three sips. The Prophet (SAS) said '**Do not drink like a camel.** Drink twice or thrice. Say the name of Allah before drinking. Thank Allah after finishing.

Do not exhale in your glass. This will irritate others and will smudge the glass or the cup. The Prophet (SAS) forbade exhaling in a glass or puffing into it. It is not good manners.

Do not drink directly from the jug or the container. Beside being an unhygienic behavior, others may want to drink after you who could be irritated. The Prophet (SAS) forbade drinking directly from the mouth of the sheepskin or the flask. Look at your drink so that nothing harmful is in it.

AVOID GREEDINESS

Modesty is the crown (hallmark) of the pious people. Keep this crown on your head if invited to a feast or if you are presented with food or drink. Do not be greedy devouring food as if you have not eaten for a long time, or as if you have not seen such excellent food before. Do not sample every dish on the table. People, even generous hosts disapprove of greedy eaters. Be reasonable and moderate in enjoying the generosity of your hosts. **Divide your stomach into 3 parts. 1/3 for food, 1/3 for water and 1/3 for air. (story of a man and doctor)**

SHARING

If you find someone sitting near you, and you wish to eat, then offer them before you start eating. Share with your friends if you are eating together. A good Muslim is never selfish! Eat together during meal times. Do not eat alone while others are on the table. Do not stare at someone eating. Do not force someone to share with you.

Eating Halaal is the Most important aspect of eating. Your Prayers and worship will never be accepted if you eat Haram. The following things are totally forbidden in Islam and are known as Haram. **Pork, Ham, Lard, Wine, liquor, Animals meat which have not been slaughtered in Allah's name.**

Answer the Questions...

When a **hypocrite was eating** with his _____ hand, the Prophet saw him and advised him to eat with his _____.
Prophet (saw) used to make this Dua '**May Allah feed those**_____

'The Prophet never expressed _____ for food.

If he liked it he will _____. If he disliked it, he will _____.'

What did Prophet (saw) say about Vinegar?

Prophet (saw) said : "Do not drink like _____"

Do not _____ in your glass

Do not drink _____ from the jug or the container

Divide your stomach into how many parts? Explain your answer!

Mention some Haram items...