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Etiquette of Eating and Drinking for Muslim Children

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Publisher's Note

In the series of our books for the Muslim children, we are trying to present all the important aspects of Islam in a very easy way, so that children may learn them without any difficulty.

The present book is on the manners of eating and drinking. All the relevant *Hadeeths* and Verses have been put together, inviting Muslim children to act upon them and acquire the good manners and traits of Islam.

We hope that children will find these books very interesting to read and understand and very useful to earn rewards by acting upon them.

As the children are the future of Islam, we should provide them with the best possible guidance to make them into better Muslims in their growing age.

It is a truism that good books are a better companion for children, and parents should strive to provide them

with such books whenever they can. They should also encourage their children to read them and act upon them.

May Allāh help us all in this regard.

Abdul Malik Mujahid
General Manager, Darussalam

General Etiquette of Eating and Drinking

1. Eat only what is pure and lawful:

Dear son and daughter, make sure that you eat and drink only what is *Tayyib*. *Tayyib* is that food which is lawful, pure, clean, wholesome, nourishing and pleasing to the taste. Avoid what is *Khabeeth*, which is all that is bad, impure and unlawful. Examples of *Khabeeth* are dead meat, pig meat (pork), blood and alcoholic drinks. You should also avoid all that comes from illegal sources. Allāh says:

﴿يَٰٓأَيُّهَا ٱلَّذِينَ ءَامَنُواْ كُلُواْ مِن طَيِّبَٰتِ مَا رَزَقْنَٰكُمْ﴾

"O you who believe! Eat of the *Tayyibaat* (good and lawful things) that We have provided for you." (2:172)

The Prophet ﷺ once advised Mu'aath رضي الله عنه saying:

«يَا مُعَاذُ! أَطِبْ مَطْعَمَكَ تَكُنْ مُسْتَجَابَ الدَّعْوَةِ»

"O Mu'aath! Eat what is *Tayyib* and your *Du'aa'* (invocation) will be answered."

2. Have good intentions when eating and drinking and avoid extravagance:

One of the most important rules that you should remember every time you want to eat or drink is to do so with the intention of gaining strength so that you will be able to worship Allāh better. As you know, Allāh has created us only to worship Him alone. To worship Allāh is our major function on this earth. He has provided us with food and drink so that we may be grateful to Him for His countless bounties. Therefore, we should show our gratefulness by doing what He has commanded and avoiding what He has forbidden.

Therefore, dear son and daughter, you should avoid being extravagant in matters of food and drink. You should avoid greediness. Eat only enough to sustain your body and help you complete

your work and duties. Do not eat large amounts of food or more than your body needs, because this might cause illnesses. Eating too much also may cause you to be overweight, which will make you lazy and slow. Overeating also causes stomachaches.

3. Feed the hungry and help the poor:

Dear son and daughter! The good Muslim is kindhearted and always tries to satisfy the needs of the poor and the needy. He never thinks that what he has is not sufficient and he always shares his food with others. He knows for sure that a little food will be sufficient and brings down Allāh's blessings. The Prophet ﷺ said:

«طَعَامُ الْوَاحِدِ يَكْفِي الْاثْنَيْنِ، وَطَعَامُ الْاثْنَيْنِ يَكْفِي الْأَرْبَعَةَ، وَطَعَامُ الْأَرْبَعَةِ يَكْفِي الثَّمَانِيَةَ»

"The food of one person is enough for two people, the food of two people is enough for four people, and the food of four people is

enough for eight people." (Muslim)

This *Hadeeth* shows the blessing of eating together. Also, the Prophet ﷺ said:

«أَطْعِمُوا الْجَائِعَ، وَعُودُوا الْمَرِيضَ، وَفُكُّوا الْعَانِيَ»

"Feed the hungry, visit the sick and help release the captive (who was captured by the enemies of Islam)."

The mercy of Islam is very clearly shown in the actions of the Messenger of Allāh ﷺ. The famous Companion of the Prophet ﷺ, Abu Hurairah رضي الله عنه, tells us this good story about the mercy of the Messenger of Allāh ﷺ. Abu Hurairah رضي الله عنه said, "Once, I was very hungry when I happened to meet 'Umar bin Al-Khattaab. I asked him to recite a Verse from Allāh's Book to me. He went into his house and recited to me the Verse that I wanted. So, I walked along a little further and I fell to the

ground out of weakness and hunger. The Messenger of Allāh happened to be standing over me and he said, 'Abu Hurairah!' I said, 'I am here at your command, O Messenger of Allāh.' He took my hand and helped me up; he knew what was wrong with me. He took me to his house and ordered a big cup of milk for me, and I drank until my stomach became full. I later met 'Umar and mentioned to him what happened to me that day. I said to him, 'The person who is more worthy of being kind and helpful than you took care of me, O 'Umar! By Allāh, I asked you to recite that Verse to me, even though I know how to recite it better than you.' 'Umar said, 'By Allāh, had I let you in my house, it would have been dearer to me than red camels.'"

Abu Hurairah رضي الله عنه felt too shy to ask 'Umar رضي الله عنه to give him food, so he asked if he could teach him that Verse thinking that 'Umar رضي الله عنه might