

Islamic Adab: Eating Manners



Progress/Review Booklet

This book belongs to:

_____, 20____

I have learned.....

that we say bismillah before we eat and that shaytaan eats with us if we don't say this.



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I have learned.....

that we say "bismillahi fee awwalihi wa akhiri" if we forget to say bismillah before we eat.

This makes shaytaan throw up what he's eaten.

Bismillahi fee awwalihi wa akhiri

- I have memorized this dua.

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I have learned.....

to thank Allah for my food by saying a dua after I eat...



- I have memorized a dua to say after eating

Start date of memorization: _____

Date finished memorizing: _____

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I have learned.....

that we eat and drink with our right hand.



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I have learned.....

that we pass food/drink to the right, no matter who is sitting where



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I have learned.....

that we eat from what is closest to us



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Stickers

Glue a sticker in the progress booklet on each page as that lesson has been learned.

