



# Rules of Food and Drink

JURISPRUDENCE

LEVEL 1

## *Objectives >>>*

### *Students should:*

- That Allah has blessed us with beautiful foods to enjoy, but at the same time He has asked us keep to some limits
- The importance of beginning with Bismillāh, and ending with Alḥamdulillāh
- The kinds of food we are allowed to eat, and the ones we should keep away from
- The difference between ḥarām and ḥalāl foods

## Rules of Food and Drink

In this lesson, we are going to learn about the rules of eating and drinking food in Islam. Next time you eat lunch or dinner, think about all the food on your plate.

Look at the tasty fruits and vegetables



Delicious rice, chicken and fish



Cold glass of milk, juice or water.



All these are a blessing from Allah for us to eat and grow healthy bodies. They are all allowed or ḥalāl for us to eat.

But at the same time, Allah has asked us to keep away from some foods which are not good or healthy for us. These foods are called ḥarām.

For example, ham or bacon is ḥarām for us because it may be harmful.



Also, drinking alcohol is ḥarām because it is bad for our health, and can affect people around us too.

## **MANNERS OF EATING**

It is very important that before we start eating, we do certain things:

- Washing both hands
- Saying Bismillah before eating
- When we finish eating, to say Alḥamdulillāh

When we say:

“Bismillāhi Raḥmāni Raḥīm”

It means:

“I begin in the name of Allah, the Most Kind, the Most Merciful”.

We should start eating with the name of Allah, because He is the one who has given us all the food that we eat. Even though mum and dad work hard to buy the food and cook it for us, Allah is the One and Only Provider.

When we finish eating, we should say “Alḥamdulillāh” which means “Praise be to Allah”. We thank Allah at the end of every meal, to show Him we are grateful for His blessings.

## **Classwork**

**Let us sing this song called “Bismillāh (I am a Muslim)” and try to learn it.**

I am a Muslim, the things I say  
In everything I do every day  
We are Muslims, the things we say  
In everything we do every day

Oooh, Bismillāh  
Oooh, Alḥamdulillāh (x2)

I am a Muslim and this I know  
I need to eat so that I will grow  
We are Muslims and this we know  
We need to eat so that we will grow

When we eat we say Bismillāh  
When we're full, we say Alḥamdulillāh (x2)

Water, juice and milk, these I think  
Are so delicious for me to drink  
Water, juice and milk, these we think  
Are so delicious for us to drink

When we drink we say, Bismillāh  
When we're done we say Alḥamdulillāh (x2)

## Lesson 2: Food and Drink

### HARĀM AND HALĀL FOODS

In the last lesson we talked about how all the things we eat and drink come from Allah as a blessing to us. In this lesson, we will talk about how Islam shows us that while most foods are good to eat, there are some things Allah asks us to stay away from.

The reason we are not allowed to eat and drink certain foods and drinks is because Allah has ordered us to stay away from them. It may be that they are not good for our health.

Plants and trees grow in soil. We eat apples that come from the tree, but we know that the soil which the apple tree grows in is not good for eating. It can harm us.

In the same way, there are so many animals and fish whose meat we can eat, but some animals and fish Allah has ordered us not to eat. This may be because they are not healthy for us.

### HARĀM AND HALĀL

Have you heard the words ḥarām and ḥalāl being used before? When Mum goes shopping, she goes to a ḥalāl butcher to buy meat or chicken.

**Ḥarām** means something that Allah has told us not to do because it is harmful for us either in this world or in the Hereafter. Examples of those things that are ḥarām to eat are:

- Anything that comes from pigs, like pork, bacon or ham
- Drinking alcohol
- Non-ḥalāl meat and chicken which is bought at a regular supermarket like Coles or Woolies.

**Ḥalāl** means something that Allah has allowed us to do because it will be good for us. Examples of foods that are Ḥalāl to eat are:

- Beef, lamb and chicken which are prepared according to the laws of Islam
- Most kinds of fish
- All kinds of fruit and vegetables.

Before we buy anything we must make sure that it is ḥalāl. This is why Muslims always buy meat from a ḥalāl butcher, and not from the supermarket.

When a friend offers you something to eat at school, make sure it is ḥalāl before you eat it. Ask your friend about what is in it, and if you are not sure, it is better to say “No thank you!” than to eat it.

Always check with our parents and Muslim teachers if we are not sure of something being ḥarām or ḥalāl

### Class Activity

Let me tell you the story of a little boy called Haydar. His Mum and Dad had told him that Muslims eat only ḥalāl food, and that if anyone offered him a snack, he should always check what it was before eating it.

One day, Haydar was helping his uncle at work. At morning tea time, they stopped for a break. Uncle made himself a cup of tea and asked Haydar if he would like a banana to eat.

Haydar thought for a minute, then asked his Uncle, “Is it a ḥalāl banana?” Uncle smiled and told Haydar it was 100% ḥalāl

Did this story make you laugh? It’s a true story though! It shows that Haydar was thinking about what Mum and Dad had taught him about ḥarām and ḥalāl foods. And it shows that he was making sure what he ate was halal, even though his Uncle was giving it to him!

Let’s make a list of all the things that we know are ḥarām to eat.

Now let’s see if we can make a big list of all the things which are ḥalāl

**Now, let’s draw 5 things which are Ḥalāl to eat, and 3 things which are Ḥarām to eat.**