



# Rules of Food and Drink

JURISPRUDENCE

LEVEL 2

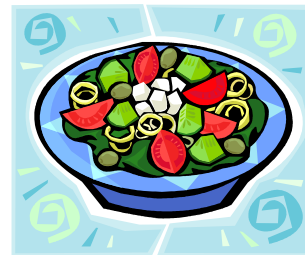
## Objectives >>>

### 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

Look at all the beautiful fruits, vegetables, water and the amazing sources of food that Allah (SWT) has blessed us with. Bananas, apples, mangoes, carrots, tomatoes, and all the yummy foods that mum cooks, where has it all come from? Surely, it is only Allah (SWT) who can create such beautiful blessings.



As much as we enjoy these bounties from Allah (SWT), there are some limits He has enforced. For example, He has told us to stay away from certain types of food like pork, ham, etc...because they may be harmful to us. He has also asked us to keep away from alcohol, because drinking that is also harmful to us and those around us. We must also eat only ḥalāl foods, and keep away from the ḥarām.



## ETIQUETTE OF EATING

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

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

Bismillāhi Raḥmānil Raḥīm means: “I begin in the name of Allah, the Most Kind, the Most Merciful”. We should start in the name of Allah, because He is the one who has provided and continues providing us with all the wonderful foods that we eat. Therefore every time we start eating we must say Bismillāh, to keep reminding ourselves that however much we may have worked to get this food on the table, its One and Only Provider is Allah (SWT).

Once we have finished eating, we should say Alḥamdulilāh, which means “Praise be to Allah”. We must thank Allah every time we finish any meal, for we know that it is because of Him that we have so much to eat and drink. We must always tell Allah we are thankful and grateful for all that He has blessed us with, and one of the important times to do this is after eating.

### Classwork

From the list below, cross out those things that we are not allowed to eat.



## Review Questions

### Q1. Before eating we should say:

- a. Alḥamdulillāh
- b. Bismillāh

### Q2. We say Bismillāh to:

- a. Remind ourselves that the blessings of food and drink is from Allah
- b. Show our gratefulness to Allah
- c. Both of the above

## Ḥalāl & Ḥarām Foods

Let us look at three different scenarios:

1. Imagine our life without food and water? What would happen to us?
2. Imagine if we were allowed to eat everything and anything that we see, for example fruits, any type of meat, sand, poisonous stuff, etc... what do you think would happen to us?
3. Imagine that we are allowed to eat most of the things around us, but are not allowed to eat a few things which are harmful to us?

Looking at the three examples above, let us take each one, and see how they affect us.

**The first one** –there is no food or water. Of course we would not be able to live very long, because our bodies would become weak, and eventually we would die.

**The Second one** – Having the freedom to eat anything and everything we see around us. Let us take soil for example. Soil is used mainly for plants to grow. It is not designed for humans to eat, and therefore eating it will cause harm to us. Things like pork, alcohol and the meat of other ḥarām animals are also harmful to us.

**The Third one** –we can eat everything except what Allah has asked us to stay away from. This is by far the best option, because Allah knows what is good for us, and what is not, and therefore abiding by His rules will keep us healthy and we will safeguard our religion.

## HARAM AND HALAL

What do these terms mean?

**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 for us to eat are:

- Pork, ham or bacon (anything that comes from pigs)
- Drinking alcohol
- Non-ḥalāl meat and chicken

**Ḥalāl** means something that Allah has allowed us to freely do, because it will be good for us. Examples of those things that are Ḥalāl are:

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

Now, what is the difference between Ḥalāl meat and non Ḥalāl meat? In Islam, Allah has showed us a way of how to slaughter an animal - a goat for example- in such a way that it causes less pain to it. It also needs to be done facing Qiblah, and the name of Allah has to be mentioned. If these things are carried out, then the meat of this goat becomes Ḥalāl, and we are allowed to eat it.

Before we buy anything from the school canteen or the shops, we must make sure that it is ḥalāl. We should always check with our parents and Muslim teachers if we are not sure of something.

### **Class Activity**

Your teacher will bring in some products that are common in canteens and super-markets and discuss which are ḥalāl and ḥarām.

## **Review Questions**

**Q1. Pork, ham and bacon are:**

- Ḥalāl
- Ḥarām

**Q2. Drinking alcohol:**

- Is not allowed at all in Islam
- Is okay to do

### **Class Activity**

Draw 5 things which are ḥalāl eat!

Draw 3 things which are ḥarām to eat!