



# JURISPRUDENCE OF FOOD AND DRINK

JURISPRUDENCE

LEVEL 3

## Rules of Food and Drink

Allah, the Almighty, has made nature, all animals, fruits and vegetables at the service of man so that he makes use of them. Allah has also put limits on the use of all the bounties so that we could live a better life. Some of these are rules that limit what we can eat and drink. In this lesson, we are going to look at some of the manners of eating and drinking. We will also learn about the rules of Najis food.

How should we eat and drink?

What we will mention here are some of the ways of eating and drinking that have been recommended to us according to the teachings of Islam.

### RECOMMENDED ACTS

- Washing one's hands before and after eating
- Saying "Bismillah al-Raḥmān al-Raḥīm" which means "In the name of Allah, the Beneficent, the Merciful", before we start eating. This is because all of the blessings of food are given to us from Allah. So before we start doing anything, especially eating, we should begin in the name of Allah (SWT).
- Start our meal with some salt and/or vinegar
- Saying "Al Ḥamdu Lillāh" which means "Praise be to Allah", when we finish eating. This is to thank Allah (SWT) for the blessing of the food that has been gifted to us.
- Eating with the right hand
- Eating small bites and chewing the food well

### Objectives >>>

#### Students should:

- Be reminded that we start eating food saying *bismillāh* and finish saying *alḥamdullīlāh* and start with salt or vinegar
- Understand the etiquettes of drinking water
- Understand that pork, alcohol and Non-Ḥalāl meat foods are Najis and Ḥarām to eat. And anything made from these become najis and therefore ḥarām to eat
- Understand that in Islam we cannot eat the meat of all animals
- Very briefly understand the rulings of ḥalāl meat
- Understand very briefly the rulings of which birds and fish are ḥalāl

## DISLIKED ACTS

- Eating food that is very hot
- Blowing the food before eating
- Eating too much

## IT IS ḤARĀM TO CONSUME NAJIS THINGS

- Pork: We all know that eating Pork is Ḥarām. But sometimes there are places which sell 'Ḥalāl' food, while also selling pork. Since Pork is Najis, food cooked using the same utensils as those used for pork or ham also becomes Najis. If we are in doubt about whether there has been contact with pork or not, the rule is that we should assume that there has not been any contact. However, it is always best to take precaution and not buy from shops which also sell pig products.
- Alcohol: As we know, alcohol is ḥarām to consume and is also Najis. Some food flavouring that we might use in some of the foods made at home might have some Najis materials in it, such as Alcohol. For example some Vanilla essence may have Alcohol in it. If we put this in our food, it becomes Najis and ḥarām to eat. Some ice-creams or chocolate can have alcohol in them too. It is always best to check the ingredients before eating something.
- Non-Ḥalāl meat If we go to a take away food outlet which sells both ḥalāl and non-ḥalāl meat, again we have to be very careful. Meat which is not ḥalāl is Najis (except seafood). So, if the ḥarām meat is cooked in the same places that the Halal meat is prepared, the food could become Najis, making it ḥarām to eat. Again, if we are not sure if the food we are buying has become Najis, we can still eat it, but it is always best to take precaution.
- Disbeliever: If food has been touched by someone who is a Kāfir (not a Muslim Christian or Jew) then that food becomes Najis and we cannot eat it. If we are not sure whether the food has been touched by such a person then we can assume it is clean and okay to eat, but again it is always best to take precaution.

## Review Questions

**Q1. I buy a new brand of Ice Cream from the corner-shop. On my way home, I read the ingredients and realise there is a very tiny amount of alcohol in the ice-cream. What should I do:**

- a. I can eat it because the alcohol amount is very small
- b. I can eat it because the alcohol in it won't make me drunk
- c. It is Najis and Ḥarām to eat, I should throw it out or return it

**Q2. I go to a shop which sells both ḥalāl and non-ḥalāl meat:**

- a. I can eat the ḥalāl meat
- b. I cannot even eat the ḥalāl meat
- c. I can eat the ḥalāl meat as long as I haven't seen it being contaminated by the non- ḥalāl meat

**Q3. Any product made from pig:**

- a. Is Ḥarām but not Najis
- b. Is not Ḥarām or Najis
- c. Is both Ḥarām and Najis

## Rules of Food and Drink

In the last lesson we discussed some of the manners of eating and drinking, as well as foods that are najis and which we cannot eat. This week we are going to look at some of the ḥalāl and ḥarām foods. In Islam we are not allowed to eat anything and everything, because some things will harm us and are not meant to be eaten as they have been created for other purposes. Some foods are not good for us physically and spiritually. That is why Allah (SWT) has put down some rules for what we can and cannot eat. What we *can* eat is usually called 'ḥalāl food'.

## WHAT WE CAN EAT!

We are allowed to eat products from many different animals, as long as they are slaughtered in an Islamic manner.

Some examples of Halal meat are:

- Cow
- Goat
- Sheep
- Camel

- Chicken
- Emu
- Turkey
- Deer
- Gazelle

## **WHAT WE CANNOT EAT!**

Some of the common ḥarām foods include:

- Pig
- Kangaroo
- Dog
- Cat
- Snake
- Elephant
- Monkey
- Zebra

## **EATING OUT**

When we are at home, our parents usually do the cooking and they will usually buy ḥalāl meat from the butcher so we do not have to worry about anything.

However, when we are eating out, we must make sure the meat we are eating is ḥalāl. This means we can only eat meat from a shop:

- Where the owner/worker is a trustworthy Muslim who says the meat is ḥalāl
- Which has proper ḥalāl Certification

## **FISH**

It is important to know this when we go fishing with our parents or are even we are buying fish from the supermarket that there are some rules about seafood as well.

Imam al-Bāqir (as) says: "Eat any fish that has scales, and do not eat what does not have scales."<sup>i</sup>

There are two types of seafood that are ḥalāl:

- 1- Fish that have scales
- 2- Shrimp and prawn

Some of the common ḥarām sea foods include:

- 1- Shark
- 2- Crab
- 3- Lobster
- 4- Calamari
- 5- Octopus
- 6- Swordfish

## **BIRDS**

The following birds are ḥalāl to eat:

- Birds that flap their wings more than gliding
- Birds that do not have talons

The following birds are ḥarām to eat:

- Birds that glide more than they flap
- Birds that have talons

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## **Review Questions**

### **Q1. Which is true?**

- a. All seafood is ḥalāl
- b. No seafood is ḥalāl
- c. Some seafood is ḥalāl

### **Q2. If I go to a shop where the owner/worker is a trustworthy Muslim who says the meat he sells is ḥalāl**

- a. I do not need to do any more investigation and I can buy from him
- b. I need to make further investigation before I buy from him
- c. Neither of the above

<sup>i</sup> (Imam Baqir a.s) [al-Kolayni, al-Kaafi, vol.6 p. 219]

<sup>ii</sup> **References:**

- A Guide To Religious Laws, According to the verdicts of Imam Khomeini and Ayatollah Khamenei (Mohammad Husayn Falah Zadeh)
- Ehawza, Semester Two, Laws of Transactions, Rules of Food and Drink
- <http://www.ihic.org.au/book.php?id=72&idt=5>