



Eating & Drinking

the Sunnah Way



Sunnah habits the Prophet (peace be upon him) taught us!



When we eat

1



Say Bismillah

It means "In the name of Allah."

Al-Bukhari 5376

2



Right hand



Right hand

We eat and drink with our right hand.

Muslim 2020

3



Food in front

Eat from the side that's near you.

Al-Bukhari 5376

4



Be kind to food

Don't like it? Leave it, no "yuck!"

Al-Bukhari 5409



When we drink

5



Sit to drink

We sit down nicely when we drink.

Muslim 2024

6



Three sips

Breathe outside the cup between sips.

Muslim 2028

7



No blowing

Let it cool. Don't blow in the cup.

Abu Dawud 3728

8



Alhamdulillah!

All done? "All praise is for Allah!"

Muslim 2734

