

SUNNAH EATING BINGO



 Said Bismillah before eating	 Ate with my right hand	 Ate from the food in front of me
 Did not complain about the food	 Sat nicely while eating	 Ate together with my family
 Picked up food I dropped	 Did not waste food on my plate	 Said Alhamdulillah after eating



Said Bismillah before eating

We say Bismillah to remember that Allah gave us our food and to ask Him to put barakah in our meal.



Ate with my right hand

The Prophet ﷺ taught us to eat with our right hand, because it is part of having good manners and cleanliness.



Ate from the food in front of me

We take food from our own side so everyone feels respected and happy at the table.



Did not complain about the food

We try not to complain, because every meal is a gift from Allah, even if it is not our favourite.



Sat nicely while eating

We sit calmly and eat with good manners, remembering that our Prophet ﷺ ate humbly.



Ate together with my family

When we eat together, Allah places more barakah in our food and brings our hearts closer.



Picked up food I dropped (if clean)

We do not waste food, because even a small piece is a blessing from Allah.



Did not waste food on my plate

We only take what we can eat and try our best to finish, so we do not waste Allah's gifts.



Said Alhamdulillah after eating

After we finish, we thank Allah for feeding us and for taking care of us.



Cross off or place a sticker on each action as you notice it during your meal.

