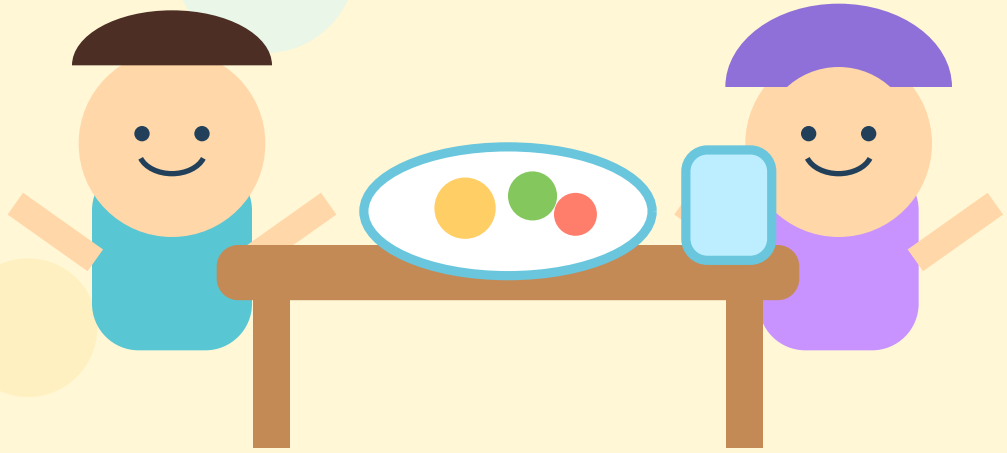
Adab 11
Say Bismillah Before Eating

Before I eat...

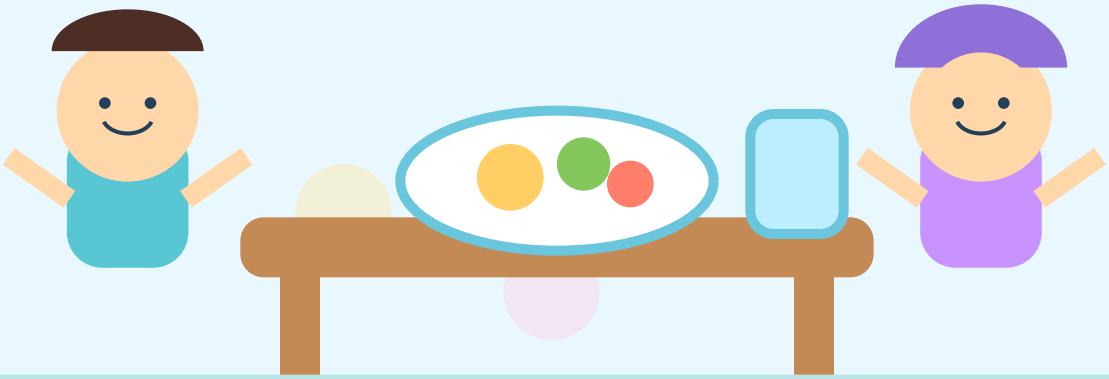
Bismillah

In the name of Allah



A sweet Islamic lesson book for little Muslims

Before You Eat



Pause, smile, and remember Allah

Before eating, we say:

Bismillah

This means: In the name of Allah.

Why We Say Bismillah

1. **Allah blesses the food**
2. **It is Sunnah**
3. **It keeps Shaytan away**

When we begin with Allah's name, our meal becomes full of barakah and goodness.

Bismillah

In the name of Allah

A Little Story

Little Hassan was about to eat.

His father asked:
"What do we say first?"

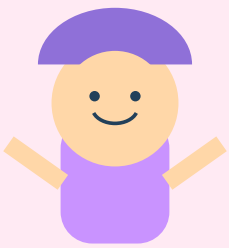
Hassan smiled and said:
"Bismillah!"

MashaAllah, Hassan remembered!

Let's Practice

My Eating Adab Steps

1. Sit nicely
2. Look at your food
3. Say Bismillah
4. Eat with your right hand
5. Say Alhamdulillah after eating



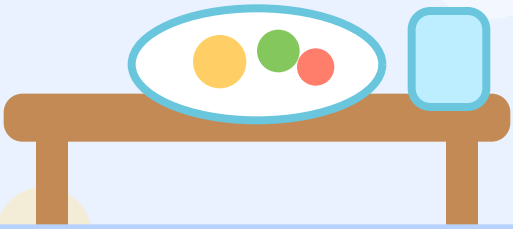
Say It With Me

Can you say it three times?

1. **Bismillah** ★
2. **Bismillah** ★
3. **Bismillah** ★

Very good! You remembered Allah before eating.

Remember



Before every snack, meal, or drink, say:

Bismillah

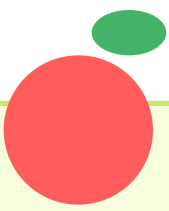
In the name of Allah

A little word can bring big blessings from Allah.

Be thankful. Be kind. Begin with Allah.

Trace and color

Ask a grown-up to help you read. Then say Bismillah before your next meal!

Bismillah

- [ ] I said Bismillah today
- [ ] I ate nicely
- [ ] I thanked Allah