

Say Bismillah Before Eating

Hadith Lesson for Kids Ages 3-5



Salaam friends!

Let us eat the right way.

Before we eat, we remember Allah and say:

Bismillah

When You Eat

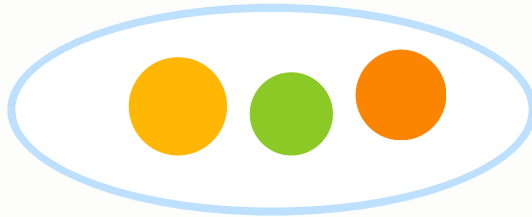
When you see yummy food, stop for a moment.

What do we say before eating?

Bismillah!

This means:

In the name of Allah.



The Prophet ﷺ Taught Us

The Prophet ﷺ said:

يَا غُلَامُ، سَمِّ اللَّهَ وَكُلْ بِيَمِينِكَ

This means:

"O young boy, say Bismillah and eat with your right hand."

Narrated by Umar ibn Abi Salamah (RA) - Sahih al-Bukhari and Sahih Muslim

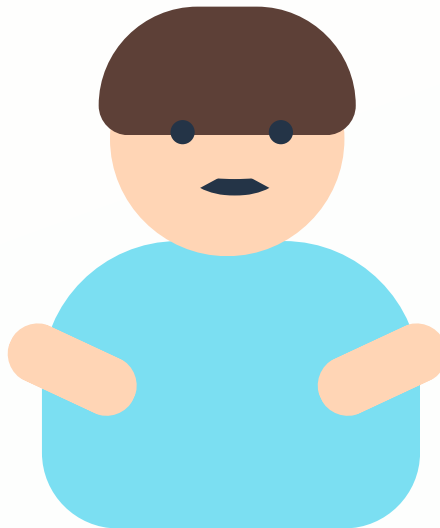
Why Say Bismillah?

Allah blesses your food.

You follow the Sunnah.

You remember Allah before eating.

You learn beautiful manners.



A Little Story

Fatima was about to eat.

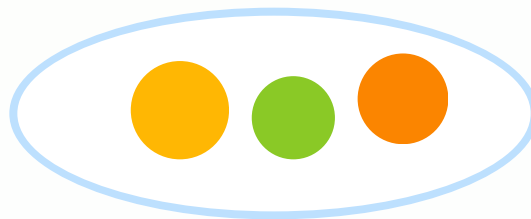
She looked at her food and stopped.

Then she smiled and said:

Bismillah!

Her mom smiled and said:

MashaAllah! You remembered Allah before eating.



Let's Practice!

1. Say "Bismillah".
2. Eat with your right hand.
3. Thank Allah for your food.

Remember

Allah loves good manners.

I say Bismillah before eating!