



Allah Gives Us Food!



A delicious lesson for little hearts (Ages 3-5)



Big Idea

Allah gives us food.



Heart Goal

The child feels thankful to Allah for daily provision.



Lesson Objective

The child connects food to Allah's kindness and practices saying Allah's name before or after eating.

Language Focus: Bismillah & Alhamdulillah



Story Time with Umar



Umar sat at the table 🍴. In front of him was bread 🍞, rice 🍚, and fruit 🍎. He smiled because he was hungry.

Before he started, his mother 🧑 said, "Let us remember Allah."

Umar looked up.

His mother asked, "Who gave us this food?"

Umar thought for a moment. Then she said, "Allah gives us food." ✨

Umar looked at the bread. He looked at the fruit. He looked at the water  in his cup.

"Allah gives us food," he repeated.

His mother smiled. "Yes. So before we eat, we say, '**Bismillah.**' And after we eat, we say, '**Alhamdulillah.**'"

Umar put his little hand near his plate and said, "**Bismillah.**"

He ate happily. When he finished, he smiled and said, "**Alhamdulillah.**" 

His mother nodded with joy. "Very good. Allah is the One who gives us food."

Umar looked at his plate again and whispered, "Thank You, Allah." 

Talk Together

- Who gives us food?
- What do we say before eating?
- What do we say after eating?

Let's Say It!

"Allah gives us food."

Tiny Dua

Bismillah.
Alhamdulillah.

Practice Today

Before one meal, say "**Bismillah.**"

After the meal, say "**Alhamdulillah.**" 

**Teacher/Parent Note:**

Tie the story directly to mealtime routine. This is a story lesson that should become a real-life habit. Remind children gently at table times to make it a natural practice.