

# THE FIQH OF FOOD

**LESSON 4: THE  
ETIQUETTES OF EATING  
& DRINKING**





# The Etiquettes of Eating & Drinking

الإمامُ الحسنُ عليه السلام : فِي الْمَائِدَةِ اثْنَتَا عَشْرَةَ خَصْلَةً يَجِبُ عَلَى كُلِّ مُسْلِمٍ أَنْ يَعْرِفَهَا :  
أَرْبَعٌ مِنْهَا فَرُضٌ ، وَ أَرْبَعٌ سُنَّةٌ ، وَأَرْبَعٌ تَأْدِيبٌ

Imam Al-Hassan (a) said: "There are twelve things that every Muslim should know about the table [manners]; four are [ethically] mandatory, four are prophetic practices, and four are general manners."





# The Etiquettes of Eating & Drinking

فَأَمَّا الْفَرَضُ : فَالْمَعْرِفَةُ ، وَالرِّضَا ، وَالتَّسْمِيَةُ ، وَالشُّكْرُ

The mandatory are: knowledge [that God is the provider}, to be content with it, mentioning the name of God [before it], and offering thanks to Him [afterwards]...”





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وَأَمَّا السُّنَّةُ : فَالْوُضُوءُ قَبْلَ الطَّعَامِ ، وَالْجُلُوسُ عَلَى الْجَانِبِ الْأَيْسَرِ ، وَالْأَكْلُ بِثَلَاثِ أَصَابِعَ ،  
وَلَعْقُ الْأَصَابِعِ.

The prophetic practices are: ablution before eating, sitting on one's left side, eating with three fingers, and licking & sucking one's fingers [after eating].





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وَأَمَّا التَّأْدِيبُ : فَالْأَكْلُ مِمَّا يَلِيكَ ، وَتَصْغِيرُ اللُّقْمَةِ ، وَتَجْوِيدُ الْمَضْغِ ، وَقِلَّةُ النَّظَرِ فِي وُجُوهِ  
النَّاسِ

“And the general manners are: eating from the closest spot to you, taking small bites, chewing well, and looking less at people's faces [while eating].”

Source: Wasa'il al-Shia, v. 14, p. 593





# The Etiquettes of Eating & Drinking

## • Other etiquettes:

- to wash both hands before eating
- to wash both hands and towel dry after eating

الإمام الصادق عليه السلام: مَنْ غَسَلَ يَدَهُ قَبْلَ الطَّعَامِ وَبَعْدَهُ بُورِكَ لَهُ فِي أَوَّلِهِ وَآخِرِهِ ، وَعَاشَ مَا عَاشَ فِي سَعَةٍ، وَعُوفِيَ مِنْ بَلْوَى فِي جَسَدِهِ

“He who washes his hands before and after eating will be blessed at the beginning and at the end of his food. As long as he lives, he will be in comfort, and he will be cured of the ills of his body.”





# The Etiquettes of Eating & Drinking

- One of the companions of Imam al-Kadhim said:

رأيت أبا الحسن عليه السلام إذا توضأ قبل الطعام لم يمسّ المنديل وإذا توضأ بعد الطعام مسّ  
المنديل

“I saw Abul Hassan (Imam al-Kadhim) perform ablution before eating and he did not dry his hands with a towel. And when he performed ablution after eating, he used a towel.”





# The Etiquettes of Eating & Drinking

- To pick up and eat any stray food unless you are eating outside, for it is better to feed the stray food to the animals and birds.

عن رسول الله صلى الله عليه وآله وسلم: "من وجد كسرة أو تمرة فأكلها لم تفارق جوفه حتى يغفر الله له

"Whoever finds a piece of bread or a date and eats it, it shall not leave his body until God forgives him."- The Prophet (a)

Source: Makarim al-Akhlaq, p. 141







# The Etiquettes of Eating & Drinking

- To begin and end the meal with salt.

الإمام علي عليه السلام : اَبْدَؤُوا بِالمِلْحِ فِي أَوَّلِ طَعَامِكُمْ ، فَلَوْ يَعْلَمُ النَّاسُ مَا فِي المِلْحِ لاختَارُوهُ عَلَى  
الدَّرِيَّاقِ المُجَرَّبِ

“Start with salt before you eat. If people knew what [benefits] salt has, they would prefer it to tested medicine.”- Imam Ali (a)

Source: Wasa'il al-Shia, v. 14, p. 520





# The Etiquettes of Eating & Drinking

يا علي افتح بالملح واختم به، فإنه شفاء من سبعين داء

“O Ali, begin [your meal] with salt and end [your meal] with salt for verily it is a cure for 70 illnesses....”- The Prophet (s)

Source: Makarim al-Akhlaq, p. 142





# The Etiquettes of Eating & Drinking

- Not to eat while walking:

عن أبي عبد الله عليه السلام قال: لا تأكل وأنت تمشي إلا أن تضطر إلى ذلك

“Do not eat while you walk unless you are compelled to do so.”- Imam Al-Sadiq (a)

Source: Makarim al-Akhlaq, p. 145





# The Etiquettes of Eating & Drinking

- Not to blow on food or drink

الإمام الصادق عليه السلام - عن آبائه عليهم السلام في حديث مناهي النبي صلى الله عليه وآله - : ونهى أن يُنفخ في طعامٍ أو شرابٍ

Imam al-Sadiq (a) narrated, on the authority of his fathers about the tradition entailing certain prohibitions of the Prophet (s): "He prohibited blowing on food or drink."

Source: Wasa'il Al-Shia, v. 14, p. 370





# The Etiquettes of Eating & Drinking

- To take your time eating and sitting at the spread

أَطِيلُوا الْجُلُوسَ عَلَى الْمَوَائِدِ ؛ فَإِنَّهَا أَوْقَاتٌ لَا تُحْسَبُ مِنْ أَعْمَارِكُمْ

“Prolong your seating at the spread, for these are times that will not be accounted for as part of your lives.”- Imam al-Sadiq (a)

Source: Al-Ikhtisas, p. 253





# The Etiquettes of Eating & Drinking

- To eat in the morning and evening, not in the middle of the day

لَا يَسْمَعُونَ فِيهَا لَغْوًا إِلَّا سَلَامًا وَلَهُمْ رِزْقُهُمْ فِيهَا بُكْرَةً وَعَشِيًّا

*"They will not there hear any vain talk, but only salutations of Peace: And they will have their sustenance, morning and evening."* Quran 19:62





# The Etiquettes of Eating & Drinking

- To be accommodate your family's food preference

رسولُ اللهِ صلى الله عليه وآله : الْمُؤْمِنُ يَأْكُلُ بِشَهْوَةِ أَهْلِهِ ، وَالْمُنَافِقُ يَأْكُلُ أَهْلُهُ بِشَهْوَتِهِ

“The believer eats according to the desire of his family, while the hypocrite makes his family eat according to his own desires.”- The Prophet (s)

Source: Bihar al-Anwar, v. 42, p. 291





# The Etiquettes of Eating & Drinking

- For the host to be the first to begin eating and the last to quit
- To eat with your right hand
- To wash fruits before eating them
- Not to eat when already full
- Not to eat to your fill
- Not to eat food that is hot (in temperature)
- Once bread is placed on the spread, to begin eating, and not to wait for any other food
- Not to cut bread with a knife







# The Etiquettes of Eating & Drinking

- Not to place bread under a dish
- Not to clean all the meat off of bones
- Not to peel fruit whose peel is edible
- Not to throw away a fruit until you have completely eaten it





# The Etiquettes of Eating & Drinking

عن أبي عبد الله ( عليه السلام ) ، قال : قال رسول الله ( صلى الله عليه وآله ) : الطعام اذا جمع أربع خصال فقد تم : اذا كان من حلال ، وكثرت الايدي عليه ، وسمى في اوله ، وحمد الله في آخره

“A meal is perfect [in the sight of God] if it has 4 qualities: If it is lawful, and many hands are stretched over it, and God’s name is mentioned at the beginning and He is praised at the end.”- The Prophet (s)

Source: Al-Kafi, v. 6, p. 273





# The Etiquettes of Eating & Drinking

- Recite the following supplication when you begin eating:

الحمد لله الذي يطعم ولا يطعم، ويجير ولا يجاز عليه، ويستغني ويفتقر إليه، اللهم لك الحمد على ما رزقنا من طعام وادام في يسر وعافية من غير كد مني ولا مشقة، بسم الله خير الأسماء، رب الأرض والسماء، بسم الله الذي لا يضر مع اسمه داء، بسم الله الذي لا يضر مع اسمه شئ وهو السميع العليم اللهم أسعدني في مطعمي هذا بخيره، وأعدني من شره، وأمتعني بنفعه، وسلمني من ضره





# The Etiquettes of Eating & Drinking

*Praise is for God who feeds, yet is not fed; who gives sanctuary [to others], but whose fugitives are not given sanctuary to; who is without need and to whom all are impoverished.*

*O Allah! To you belongs praise for the bread and soup that you have provided for us while we have remained in ease and well-being, without having had to bear any ordeals or hardship.*

*In the name of God, the best of names. In the name of God, Lord of the land and sky. In the name of God, with whose name nothing on earth nor in the sky can cause harm. He is the All- Hearing, the All-Knowing.*

*O Allah! Bless us with the goodness of this food, and protect us from its evil. Avail us of its benefit, and keep us safe from its harm.*





# The Etiquettes of Eating & Drinking

- *Recite the following supplication of Imam al-Sadiq (a) when you finish eating:*

الحمد لله الذي أطعمنا في جائعين وسقانا في ظمآنين وكسانا في عارين وهدانا في ضالين وحملنا في راجلين وآوانا في ضاحين وفضلنا على كثير من العالمين





# The Etiquettes of Eating & Drinking

*“Praise is for God who has fed us while so many hunger, who has given us drink while so many thirst, who has clothed us while so many remain naked, who has guided us while so many are lost, who has given us vehicles while so many must walk, who has given us shelter while so many must be in the sun, and who has favored us over much of his creation.”*

