



Mealtime Manners

1. It is recommended to perform **WUDHOO**

Imam Hasan (as) said, "...The recommended acts are: ablution before eating..."

2. Wash your **H A N D S**

Imam Sadiq (as) said, "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 sure of the ill of his body."

3. Begin by saying *bismillah* (In the name of Allah), and end by saying *alhamdulillah* (Praise be to Allah)

Imam Ali (as) said, "Whoever mentions the name of Allah at the beginning of (eating his) food or drink and thanks Allah at the end will never be asked about the favour of this food."

4. Start with a pinch of **SALT**

Imam Ali (as) said, "Start with salt before you eat. If people know what (benefits) salt has, they would prefer it to tested medicine."

5. Don't eat very **H O T F O O D**, but don't blow on it to cool it down!

Imam Ali (as) said, "Set hot food aside until it cools down, for when the Prophet (saw) was given hot food, he said, 'Set it aside until it cools down, for Allah, Mighty and Exalted, would not feed us fire when blessings lit with that which is cool.'"

Imam Sadiq (as) has also narrated that the Prophet (saw), "He prohibited blowing on food or drink."

6. Eat with your **H A N D S**

Imam Hasan (as) said, "...The recommended acts are:...eating with three fingers."

7. Bring your **P L A T E** close to you and eat

Imam Hasan (as) said, "...And the general manners are: ...eating from the closest spot to you..."

8. Take small **BITES**

9. **CHEW** well

10. Concentrate on your food, rather than the **PEOPLE** around you!

Imam Hasan (as) said, "...And the general manners are: ...looking less at people's faces (while eating)."

11. Don't complain about your **F O O D**

Imam Hasan (as) said, "...the mandatory (manner is)...to be content with it (the food)..."

12. Don't **R U S H** mealtimes

It is narrated in al-Ikhtisas: "Prolong your seating at the dinner table (observe proper eating manners), for these are times that will not be accounted for as part of your lives.", "

13. Cover your **F O O D** if you leave the table

Imam Sadiq (as) said, "Do not leave your plates uncovered for Satan spits on uncovered plates and takes from them what he wants."

Source: The Scale of Wisdom – A Compendium of Shi'a Hadith, M Muhammad Rayshahri