

The Aadaab of eating and drinking

1. Wash the hands before and after eating
2. Pray Bismillah and the Masnoon Dua before eating
3. Eat and drink with your right hand
4. Do not lean against something in the style of proud people
5. Where there is no need to use all the fingers, eat with three fingers
6. If a morsel of food drops from the hand, pick it up, clean it and eat it. Do not throw it away on account of pride. Food is the bounty of Allah. Value it and appreciate it
7. After having eaten your food, clean the plate out thoroughly. Do not leave crumbs etc.. on the plate. There is Barkat (blessings) in cleaning the plate with one's fingers
8. After having eaten your food, lick off the food from your fingers
9. After having eaten your food, express your Shukr (thanks) to Allah by praying the Masnoon Dua
10. Do not drink water in a single gulp. Remove the glass away from your mouth when taking a breath.
11. Do not eat or drink standing up
12. When passing food or water to a number of people, start from the right hand side
13. Do not leave the food uncovered, even for a short while
14. Gather bones and peels to one side. Do not spread it all over the cloth
15. Do not say anything bad about food. If you like it, eat it. If you dislike it, leave it without any complaints

