Don't Waste Food: An Islamic Manners Lesson for Kids

Name: _____ Date: _____

1 Fill in the missing word

Word bank: **blessing** **overdo** **Taking**

1. Food is a _____ (ni'mah) from Allah, so we look after it.
2. Allah tells us to eat and drink but not to waste or _____ it.
3. _____ a little at a time is better than piling up the plate.

2 Let's talk

1. Who helped bring this food to our table? (farmers, drivers, shopkeepers, Mama and Baba)

2. What can we do if we are full but there is food left?

3. How does it feel when someone does not have enough to eat?

3 I practised it this week

Colour a star each day you remember to do it.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
☆	☆	☆	☆	☆	☆	☆

4 Draw it!

Draw what you learned today.

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1 Fill in the missing word

1. Food is a **blessing** (ni'mah) from Allah, so we look after it.
2. Allah tells us to eat and drink but not to waste or **overdo** it.
3. **Taking** a little at a time is better than piling up the plate.

2 Let's talk: what to listen for

Every child's answer will be a little different. Praise any answer in their own words that shows these ideas:

- Food is a blessing (ni'mah) from Allah, so we look after it.
- Allah tells us to eat and drink but not to waste or overdo it (meaning of Quran 7:31).
- Taking a little at a time is better than piling up the plate.
- Leftovers can be saved for later or shared, not thrown away.
- We say Alhamdulillah when we finish.

3 I practised it this week

No right or wrong answers. Colour the stars together at bedtime and praise the effort, not just the result.

4 Draw it!

Any picture is a good answer. Ask your child to tell you about it, and write their words under the drawing.

Try this at home

At your next meal, let your child serve themselves a small first portion. If they are still hungry, they can take a second helping. Talk about how a small plate and a second helping means nothing ends up in the bin.

Source

- Quran 7:31: Allah tells the children of Adam to eat and drink, and not to be excessive, because He does not love those who go to excess.

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