

## 10 Sunnahs of eating:

1. To wash both the hands before and after meals. (Sunan Abu Dawud, 3755)
2. To sit on the floor (Sahih Bukhari, 5386)
3. To sit in one of the following three postures;
  - a. In the Tashahud position (like in Salah) (Fathul Bari, 5399).
  - b. Same as above with the right knee raised, (Ibid; Takhrijul Ihyaa,1304)
  - c. In the squatting posture (Sahih Muslim, 5299).
4. To eat with the fingers (thumb, index and middle fingers).  
(Sahih Muslim, 5265 and Majma'uz Zawaid)
5. To take the name of Allah before eating. (Sahih Bukhari, 5376)
6. To eat with the right hand. (Sahih Bukhari, 5376)
7. To eat from the closest part of the plate and not from the middle.  
(Sahih Bukhari, 5376)
8. As far as possible, to eat collectively from one plate.  
(Ibn Kathir Surah 24, Ayah 61; Sunan Ibn Majah, 3287)
9. To clean every bit of food left on the plate and to lick the fingers before washing them. (Sahih Muslim, 5268)
10. To recite the various Masnun du'as after meals. One of them is, **'Alhamdulillahil lathiy at'amana wa saqana wa ja'alana muslimin'**.  
(Sunan Abi Dawud)

## 9 Sunnahs of drinking

1. To sit and drink. Zamzam water and left over water in the utensil used for wudu are excluded from this. (Sahih Bukhari, 6452).
2. To drink with the right hand. (Sahih Bukhari, 5380)
3. To take 3 sips (or more in odd numbers). (Sahih Bukhari, 5631)
4. To say Bismillah before drinking. (Sahih Bukhari, 117)
5. To say Alhamdulillah after drinking. (Ibnus Sunni, Hadith: 472)
6. If there are several people who are going to share the drink, it should be given to the one on the right. (Sahih Bukhari, 5612)
7. The one who is distributing the water (or food) should himself drink after everyone. (Sunan Tirmidhi,1894)
8. To recite the following Du'a after drinking:  
**Alhamdulillahil ladhy saqani 'adhban furatan bi rahmatih walam yaj'alhu milhan ujan bi dhunubina.** (Sunan Abi Dawud)
9. After drinking milk to recite:  
**'Allahumma barik lana fih wa zidna minhu'.** (Sunan Abi Dawud,3723)

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Q	K	H	A	L	E	E	D	A	H	F	C	E	J
K	I	D	H	A	K	W	A	N	T	R	P	V	P

### NAMES

1. **Saa'd** ibn maalik az-Zuhri [RA]
2. **al-Harith** ibn Anas [RA]
3. **Ma'mar** ibn al-Harith [RA]
4. **Mubashir** ibn Abdul Mundhir [RA]
5. **Nu'ayman** ibn Amr [RA]
6. **Abdullah** ibn Rawwahah [RA]
7. **Khaleedah** ibn Qays [RA]
8. **Abu Zayd** al- Ansari [RA]
9. **Dhakwan** ibn Abd Qay [RA]
10. **Rafi'** ibn Maalik al-Ansari [RA]

### RULES:

- Words may appear diagonally, vertically, horizontally **and backwards.**
- **Only the bold part** of a name appears in the crossword.



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