FOOD IN ISLAM

BASIC PRINCIPLES

LAWFUL (HALAL)
- Permissible/Lawful
- Permissible for our consumption

UNLAWFUL (HARAM)
- Impermissible
- Foods/drinks are generally harmful & may cause harms to our body

DUBIOUS (SYUBHAH)
- Questionable/Dubious
- Something is unclear (whether halal or haram)

Pork

Alcohol

EXAMPLE

Meat of animals that were *not* slaughtered in accordance with Islamic regulations

SLAUGHTERING OF ANIMALS IN ISLAM

- Our religion gives a lot of attention in which animals are sacrificed for consumption
- **OBJECTIVE:** To ensure the killing of an animal is done in the most humane and hygienic way
- **CONDITIONS:**
  - Has to be done by a Muslim*
    - Age of discretion
    - Sound of intellect
  - Allah's name has to be mentioned during slaughtering
  - Sharp knives must be used for quick and swift cutting
    - Blood must be thoroughly drained
    - The death of the animals must be caused by the knife; painless death

- Jugular veins
- Carotid arteries
- Windpipe
- Oesophagus

Q1 IS EVERYTHING HALAL GOOD FOR US?

- Foods are essential for survival
- To ensure and consume foods that will not detrimental to health
- Our body has been entrusted to us by Allah swt; it is only right we take care of it

HALAL CERTIFICATION IN SINGAPORE

- MUIS is the only body in Singapore authorized to provide halal certification
- Helps to avoid confusion, legitimacy issues and reducing doubts for Muslims

MAJLIS UGAMA ISLAM SINGAPURA
HALAL SINGAPORE

- Islam provides us with guidelines in life (inclusive of prescribes rules) for:
  - a Diets
  - b Manners (while eating & drinking)

To consume only what is lawful is an important virtue

"O you who believe! Eat of the lawful things that We have provided you…"
[Quran 2:172]

- Sustenance provided by Allah
- Our duty to be thankful and grateful
- Always be mindful of our manners

ETIQUETTE OF EATING & DRINKING

a PRONOUNCING THE NAME OF ALLAH (BISMILLAH) BEFORE EATING
- "Young man, mention the name of Allah, eat with your right hand and eat from what is directly in front of you."
[Narrated by Muslim]

b EAT & DRINK WITH OUR RIGHT HAND
- "Do not eat with your left hand, for Satan eats with left hand."
[Narrated by Muslim]

c AVOID USING ANY GOLD & SILVER UTENSILS
- Deemed as extravagance
- Always remain humble and do not spend wastefully

d EAT FROM THE SIDE OF THE DISH NEARER TO ONESELF
- Considered as impolite to reach out to what is further
- To avoid disrupting others

e NOT RECOMMENDED TO EAT/DRINK WHILE STANDING

Resource From:
Muslim Converts' Guidebook
«Understanding the Singapore Muslim Community»

MCAS 40th Anniversary

MCAS Darul Arqam