

**Lots of food for us to taste**
**They are blessings so don't waste!**
**Allaah gives us all food good**
**So eat it up we should!**

**I thank Allaah for all His favours**
**Food and drink with many flavours!**
**Meat and fruit and sweets, all yummy**
**All things nice for our small tummy!**



**WHEN YOU FINISH EATING:**

*Alhamdulillaah-hilladhee at’amanee haadhaa warazaqaneehi min ghayri hawlimminnee wala quwwa*

This du’aa means: All Praise is for Allaah who fed me this and provided it for me without any might nor power from myself. **[Aboo Daawood and others]**