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**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!**

Duaa

**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]**