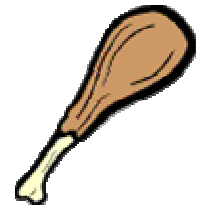
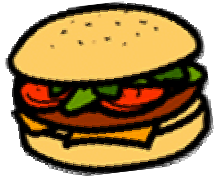
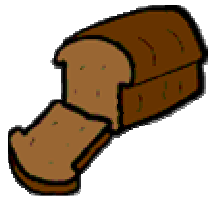


'S

PLACEMAT



We say

Bismillah

before we eat.

If I forget, I say:

Bismillahi fee awwalihi wa akhiri

(In the Name of Allah
in its beginning and end)

(Source: Hishul Muslim)



I eat with
my right hand

trace your right hand here
to help you remember to eat with your right hand, insha Allah.