

Topic: Halal food

Halal (/həˈlɑːl/; Arabic: حلال *ḥalāl*), also spelled *halaal* is an Arabic word that translates to "permissible or **lawful**" into English. In the Quran, the word *halal* is **contrasted with *haram*** (forbidden).

Halal and Haram Animals

1. Sea food

For a **fish** or seafood to be **Halal**, it must have **fins and scales** and **die out of water**. Shrimps that do not have fins and scales are an exception.

2. Mammals

It is **forbidden** to eat the meat of **predatory animals** such as lions, leopards, wolves, fox, hyenas, and jackals. The meat of **dog and pig** which are *najis* and that of **rabbit, hedgehog, mice and suchlike** is haram as well.

Cattle

The meat of such **cattle** as cow, buffalo, sheep, camel, goat, gazelle, antelope, and deer is **halal** provided that they have been **slaughtered by the ritual method** according to *shari'ah*.

3. Birds

It is **forbidden** to eat the meat of **birds** that mostly fly with open wings, **without flapping** them and also of those which **have talons**, such as hawks, eagles, falcons, and vultures.

Some examples:

Halal: hen, chicken, pigeon, duck, ostrich

Bats are considered haram as well.

Haram: eagle, falcon, vulture, crow, raven, peacock

4. Insects

Eating insects such as cockroach, worm, butterfly, mosquito and scorpion is haram except for grasshopper.

5. Reptiles

The meat of reptiles such as alligator, snake and lizard is considered haram.

Non-Animals

Something which is *najis* by itself (such as pork) or has become *najis* by touching a *najis* is forbidden to eat.

Eating **soil** is forbidden except for the holy soil of Imam Husain known as **Turbah** for healing.

Every **intoxicant** is forbidden to eat or drink.

Wine and every other intoxicant is *najis* as well as any harmful or *najis* drink.

✚ Attending an event or table where wine is served is not permissible.

Table Manners

- ✓ Washing hands before and after
- ✓ The host starting first and ending last
- ✓ Starting by the name of Allah

- ✓ Eating with the right hand
- ✓ Chewing sufficiently
- ✓ Start and end with a little salt
- ✓ Taking small bites
- ✓ Stopping before getting full
- ✓ Ending by thanking Allah
- ✓ To prolong sitting at the table

- ⊗ Eating when the individual is full
- ⊗ Overeating
- ⊗ Looking at others at the table
- ⊗ Eating hot food
- ⊗ Blowing hot food
- ⊗ Cutting bread with knife

Recommended in Drinking

- ✓ Drinking when thirsty
- ✓ Starting by the name of Allah
- ✓ Drinking in separated sips
- ✓ Standing during the day and sitting during the night
- ✓ To remember Imam Husain who was martyred while being thirsty and to curse his enemies
- ✓ Not to drink in the middle of or next to eating the meal