A READ-ALOUD STORY WITH ACTIVITIES · AGES 3–7

Aishah's Food Adventure

A story about the food Allah gives us, the five food groups, and our good manners at the table





Inside this book

11 short chapters to read aloud · the five food groups · Bismillah, the right hand, not wasting and Alhamdulillah, each with its source · a lunchbox to pack · a sorting game with cut-out cards · a one-week manners chart

For parents

Aishah tells the story in her own voice, so no people or faces are drawn; the pictures are food and objects your child can colour. Read one chapter a day, ideally just before a meal.

CHAPTER 1

Hello! My name is Aishah

You can't see me in this book, but you can hear my voice. I'm Aishah, and this is my **lunchbox**. Every morning we fill it with good food. Mama says every bite is **rizq**: a gift from Allah. So today I am going on a food adventure, to find out where our food comes from and how to eat it the way the Prophet ﷺ taught us.



My lunchbox
It goes everywhere with me



My water



A snack

كُلُوا مِنْ طَيِّبَاتِ مَا رَزَقْنَاكُمْ

"Eat from the good things We have provided for you."

al-Baqarah 2:172 (part of the verse)

Talk about it

What is your favourite food? Who gave it to us? (Allah gave it to us, and our family prepared it.) What do you think is inside my lunchbox today? Draw it below.

CHAPTER 2

Before the first bite

Before I open my lunchbox, I stop and say **"Bismillah"**. Then I eat with my **right hand**, and I take the food that is **in front of me**, not from my friend's side of the plate. A boy called ʿUmar once had a hand that wandered all over the dish, and the Prophet ﷺ taught him these three things.

يَا غُلَامُ، سَمِّ اللَّهَ، وَكُلْ بِيَمِينِكَ، وَكُلْ مِمَّا يَلِيكَ

"O boy, mention the name of Allah, eat with your right hand, and eat from what is in front of you."

Said by the Prophet ﷺ to ʿUmar ibn Abī Salamah (raḍiya Allāhu ʿanhu) · al-Bukhārī 5376, Muslim 2022

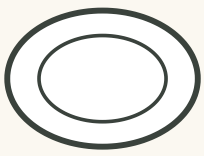
بِسْمِ اللَّهِ أَوَّلَهُ وَآخِرَهُ

If you forget at the start, say: "In the name of Allah, at its beginning and its end."

Abū Dāwūd 3767 · ṣaḥīḥ (al-Albānī)

Trace it, then say it at your next meal

Bismillah Bismillah



Eat from the side of the plate in front of you



Drink with your right hand too

CHAPTER 3

Welcome to Food Land

My lunchbox and I arrive in **Food Land**. Every food here lives in one of five homes, called **food groups**. Let's meet them!



Fruit

Sweet gifts from trees. Vitamins to keep us well.



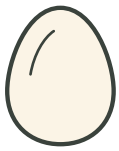
Vegetables

Plants from the garden. Vitamins and fibre.



Grains

Bread, rice and oats. Energy to run and play.



Protein

Eggs, beans, nuts, meat and fish. They help us grow.



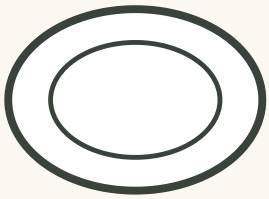
Dairy

Milk, cheese and yogurt. Strong bones and teeth.

Be a food detective

Look at what you ate yesterday. Which group did each food belong to? Colour one box for every group you ate from.

Fruit	Vegetables	Grains	Protein	Dairy

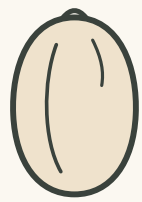


A happy plate has food from **lots of groups**, not just one. Allah made so many kinds of food, each one helps our bodies in a different way.

CHAPTER 4

The Fruit Basket

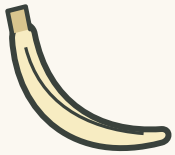
The first home is a big basket full of **fruit**. Allah made fruit grow on trees and plants, sweet and juicy and in every colour. Allah even swears by two fruits in the Qur'an: the fig and the olive!



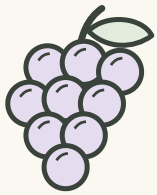
Dates
Sweet energy



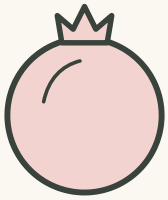
Apple
Crunchy fibre



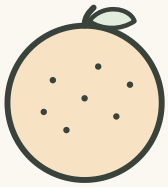
Banana
Soft and sweet



Grapes
Little bites



Pomegranate
Full of seeds



Orange
Vitamin C

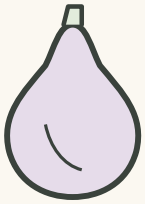


Fig
Named in the Qur'an

وَالتِّينِ وَالزَّيْتُونِ

"By the fig and the olive."

at-Tīn 95:1

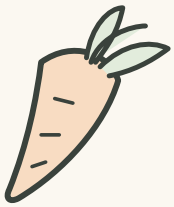
Colour hunt

Colour the fruit above: find one that is **yellow**, one that is **red**, one that is **orange** and one that is **purple**. Which fruit would you put in my lunchbox?

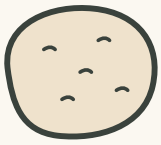
CHAPTER 5

The Vegetable Garden

Next we visit a garden. Some vegetables hide under the soil, and some grow up tall in the sunshine. Allah sends the rain that makes them grow. **Vegetables** give our bodies vitamins and fibre.



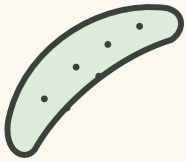
Carrot
Grows under the soil



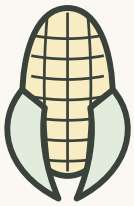
Potato
Under the soil too



Broccoli
Like a little tree



Cucumber
Cool and crunchy



Corn
Hundreds of kernels



Olives
From a blessed tree

Rainbow week

Every day this week, eat a vegetable and write or colour it in the box.

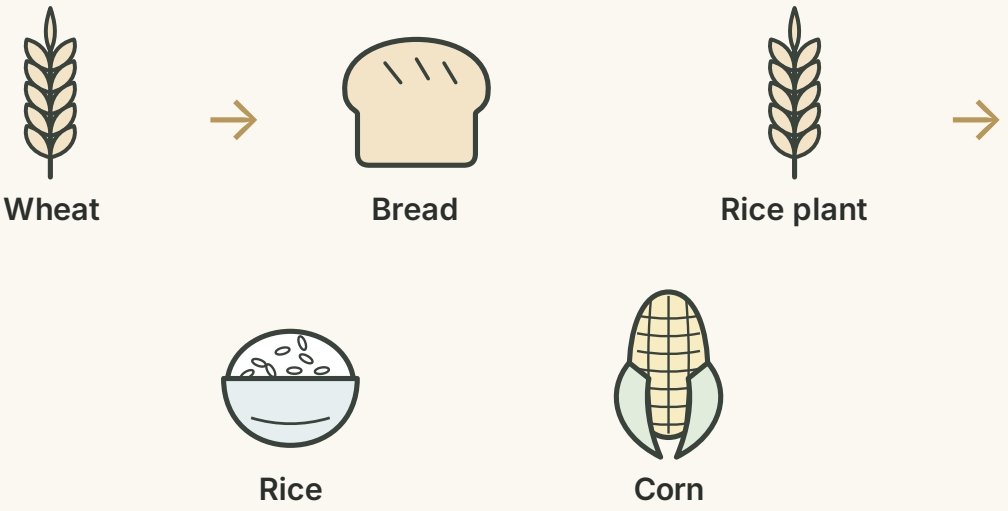
Sat	Sun	Mon	Tue	Wed	Thu	Fri

Did you know? Carrots and potatoes are roots. They grow hidden under the ground until we pull them up.

CHAPTER 6

The Grain Mill

Whirr, whirr! This is the **grain mill**. Little seeds like wheat and rice are turned into bread, rice and porridge. **Grains** give us energy, like fuel for running and playing.



Grain or not?

Circle the grain foods: **bread · apple · rice · egg · oats · cheese · pasta**

Talk about it

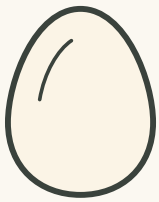
Bread takes many people to make: the farmer, the miller and the baker. Who can we thank? We thank Allah first, and we thank the people who helped.



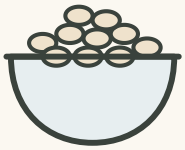
CHAPTER 7

The Protein Kitchen

In the **Protein Kitchen** there are eggs, beans, lentils and nuts. **Protein** helps our bodies grow strong and repair themselves.



Eggs



Beans and lentils



Nuts and seeds

Meat, chicken and fish are protein foods too. Muslims eat meat that is **ḥalāl**, and we remember that Allah made these animals and gave them to us as food.

My protein list

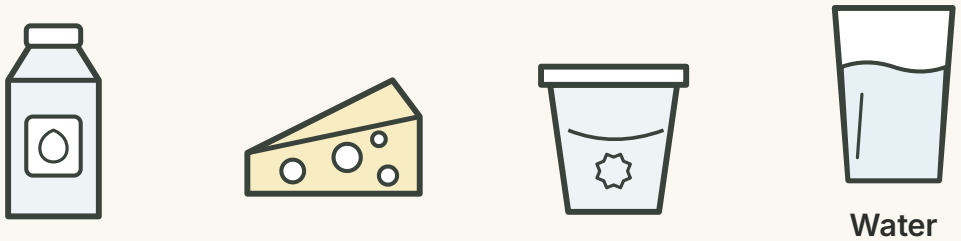
Which protein foods did you eat this week? Write or draw them here.

Protein is like building blocks: it helps our muscles grow and helps our bodies heal when we get a scrape.

CHAPTER 8

Milk, Cheese and a Cup of Water

Now we find the **dairy** foods: milk, cheese and yogurt. They have calcium for strong bones and teeth. And next to them is the best drink of all: cool, clear **water**. I hold my cup in my right hand.



Milk **Cheese** **Yogurt** **Water**
Our best drink

إِذَا أَكَلَ أَحَدُكُمْ فَلْيَأْكُلْ بِيَمِينِهِ، وَإِذَا شَرِبَ فَلْيَشْرَبْ بِيَمِينِهِ

"When one of you eats, let him eat with his right hand, and when he drinks, let him drink with his right hand."

Muslim 2020 (the ḥadīth continues: the Shayṭān eats and drinks with his left hand)

Right hand check

At your next meal, hold your cup in your right hand. Tick the box when you remember: ☐☐☐☐☐

CHAPTER 9

Not One Crumb Wasted

Oops! A piece of my date fell on the table. Do I leave it? No! I pick it up, wipe it clean and eat it. Food is a blessing, so we take only what we will eat, and we never make fun of food, even food we don't like.

وَكُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا

"Eat and drink, but do not waste."

al-Aʿrāf 7:31 (part of the verse)

فَإِذَا سَقَطَتْ مِنْ أَحَدِكُمُ اللُّقْمَةُ فَلْيُمِطْ مَا كَانَ بِهَا مِنْ أَذًى ثُمَّ لْيَأْكُلْهَا، وَلَا يَدَعْهَا لِلشَّيْطَانِ

"If a mouthful falls from one of you, let him remove any dirt from it and eat it, and not leave it for the Shayṭān."

Muslim 2033

مَا عَابَ النَّبِيُّ ﷺ طَعَامًا قَطُّ، إِنِ اشْتَهَاهُ أَكَلَهُ، وَإِنْ كَرِهَهُ تَرَكَهُ

"The Prophet ﷺ never criticised any food: if he liked it he ate it, and if he disliked it he left it."

al-Bukhārī 5409

My no-waste promise

I take a **small** amount first. I can ask for more. I don't say "yuck". Sign here:

_____

CHAPTER 10

Alhamdulillah!

My lunchbox is empty and my tummy is happy. Now it is time for my favourite words: **"Alhamdulillah!"** All praise is for Allah, who gave me this food.

إِنَّ اللَّهَ لَيَرْضَى عَنِ الْعَبْدِ أَنْ يَأْكُلَ الْأَكْلَةَ فَيَحْمَدَهُ عَلَيْهَا، أَوْ يَشْرَبَ الشَّرْبَةَ فَيَحْمَدَهُ عَلَيْهَا

"Allah is pleased with the servant who eats something and praises Him for it, or drinks something and praises Him for it."

Muslim 2734

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا الطَّعَامَ، وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ

"All praise is for Allah who fed me this food and provided it for me without any might or power from me."

Abū Dāwūd 4023 · ḥasan (al-Albānī)

Trace it, then say it after your meal

Alhamdulillah Alhamdulillah

CHAPTER 11

Pack My Lunchbox

It's your turn now! Help me pack tomorrow's lunchbox with food from the five groups.

Tick the foods you would pack. Try to choose one from every group.

Fruit  ☐ ☐ ☐ ☐

Vegetables  ☐ ☐ ☐ ☐

Grains  ☐ ☐

Protein  ☐ ☐ ☐

Dairy  ☐ ☐ ☐

Now draw your choices inside the lunchbox:

MAIN

FRUIT

VEGETABLES

SNACK

Don't forget your water bottle, and say Bismillah when you open it!

GAME

The Food Group Sorting Game

Cut out the cards at the bottom of the page along the dashed lines. Place (or glue) each food under its group. Which ones were tricky?

Fruit	Vegetables	Grains	Protein	Dairy

Cut along the dashed lines

Dates	Banana	Grapes	Orange	Pomegranate	Fig
Cucumber	Broccoli	Potato	Corn	Rice	Wheat
Lentils	Almonds	Egg	Cheese	Yogurt	Olives

Answers for parents: fruit: dates, banana, grapes, orange, pomegranate, fig, olives · vegetables: cucumber, broccoli, potato, corn (often counted as a vegetable, though the kernels are a grain) · grains: rice, wheat · protein: lentils, almonds, egg · dairy: cheese, yogurt.

MY CHART

My Table Manners Week

Colour a star every time you remember. How many stars can you collect in one week?

Good manner	Sat	Sun	Mon	Tue	Wed	Thu	Fri
I said Bismillah	☆	☆	☆	☆	☆	☆	☆
I ate with my right hand	☆	☆	☆	☆	☆	☆	☆
I ate what was in front of me	☆	☆	☆	☆	☆	☆	☆
I did not waste food	☆	☆	☆	☆	☆	☆	☆
I said Alhamdulillah	☆	☆	☆	☆	☆	☆	☆
I tried a new food	☆	☆	☆	☆	☆	☆	☆

I am a food explorer!

My favourite food from this book:

A new food I want to try:

My favourite food group:



Thank you for coming on my adventure!
Alhamdulillah for all the good food.
— Aishah