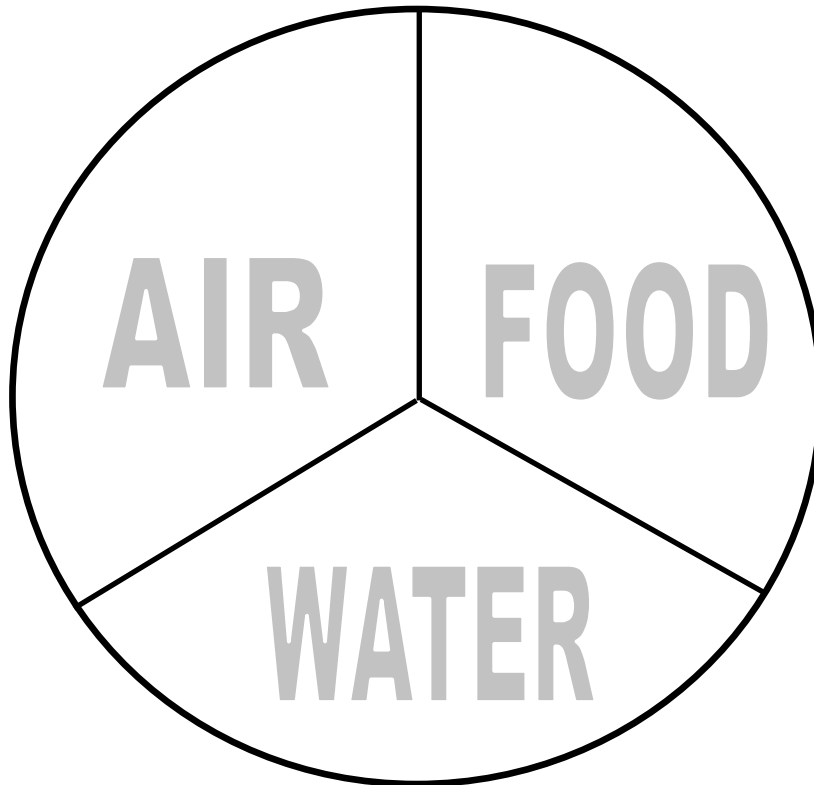


# HOW TO FILL MY STOMACH

The Prophet (S.A.W) said: "it is enough for him (the son of Adam) to take a few bites... If he cannot do it, then he may fill it with a third of his food, a third of his drink, and a third of his breath." (Tirmidhi)



Fill in the table by writing examples of healthy and unhealthy food:

<u>Healthy food</u>	<u>Unhealthy food</u>