

التبولة: العامية

المستوى المتوسط

When invited for lunch or dinner, it is good to know and use a few social expressions that will help you interact with Arabs in a polite manner and enjoy a relaxing meal. خلينا نقول!

AT THE ONSET OF A MEAL

Expression	Context	Literal meaning
بِسْمِ اللَّهِ	Used right before starting to eat or drink anything.	In the name of God
تَفَضَّلْ تَفَضَّلِي تَفَضَّلُوا	Used by the host to invite people to sit at the table and to start eating or to try a specific dish during the meal.	Please...
تَسَلَّمْ إِيدِكَ	Said by the guest to express admiration or likeness for a dish. The expression is said to the person who prepared the dish.	God bless your hands
بِالْهِنَا وَالشَّفَا (Egyptian & Levantine) بِالصَّحَّةِ وَالرَّاحَةِ (Moroccan) مَطْرَحْ مَا يَسْرِي يَمْرِي (Levantine & Egyptian) صَحْتِينَ (Levantine) هِنَا وَعَافِيَةَ (Gulf)	Said by the host when the guest expresses admiration or appreciation for a dish or drink.	Bon appetit

DURING THE MEAL

- Guest
- Host
- Both

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AT THE END
OF A MEAL

Expression	Context	Literal meaning
الحمد لله	Used after finishing eating, in general. Also used by the guest to communicate to the host that he/she is full.	Thanks God
زود (Egyptian and Levantine) زيد (Moroccan & Levantine)	Used by the host to invite the guest to eat more or refill the dish.	Add (more)!
الحمد لله، شبعت	Said by the guest to express he/she is full.	Thank God, I am full
بالأفراح (Egyptian & Levantine) بيتكم عامر (Levantine & Egyptian) الله يغنيك، بيتكم عامر (Gulf) الله يخلف (Moroccan)	Said by the guest to indicate that he/she has finished eating. It literally means that the guest is hoping to be reunited with the host in a future happy occasion or event to share food again.	(Next time it shall be on) a happy event!
بالهنا والشفا بالصحة والراحة مطرح ما يسري يمري صحتين هنا وعافية	Said by the host once he/she receives a confirmation from the host that he/she is full or done.	Bon appetit

- Guest
- Host
- Both