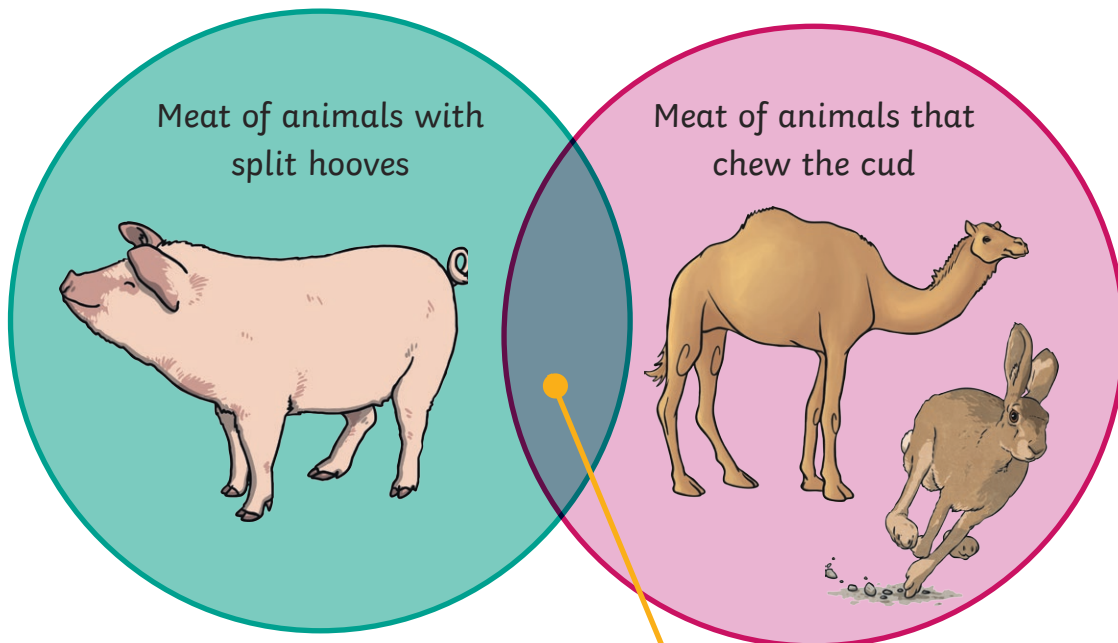


Kosher Food

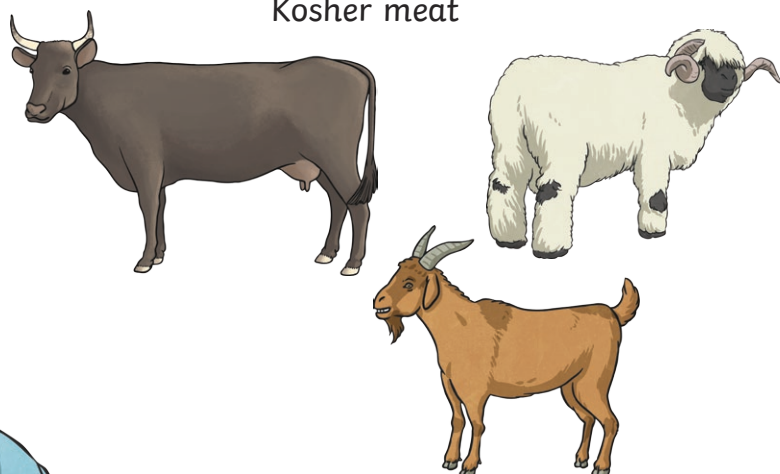
Jewish food and drink laws are known as 'Kashrut' laws. Jews believe that these rules are a test of self-control. Jewish people only consume 'kosher' food and drink. Kosher means 'fit to eat'.

Kosher Meat

Land animals which are kosher have split hooves and chew their cud*. A pig has split hooves but does not chew its cud; a hare chews its cud but does not have hooves – so neither are kosher.



Kosher meat



*Chewing the cud means having to chew food a second time, once it's been in the stomach

Fish that have scales and fins are kosher. Shellfish and eels are not. Sharks cannot be eaten because they do not have scales.

Treating Animals Responsibly

Jewish people believe that they must treat animals with respect, so there are strict rules about how animals are killed.

Rules For Kosher Slaughter

- The animal must be killed following special rules.
- When it is killed, the animal must not suffer and must be healthy.
- The meat must be washed, soaked, salted and then washed again.

Did You Know?

If packaged food is kosher, it is shown by a symbol on the label such as this one:



Dairy and Non-Meat

Dairy is a type of food made from milk.

Food and drink which does not contain meat or dairy is called 'pareve', such as salad and fresh orange juice.

Kosher Kitchen

As well as only eating kosher food, the kitchen must be kosher too. Only kosher food may be brought into the kitchen. There must be separate cutlery, dishes, plates, cups, pots, pans, work surfaces, draining racks, dish cloths, place mats and table cloths for both meat, dairy food and drink.

Why Kosher?

Many Jewish people work hard to ensure that their food is kosher. It is important that the food they eat is clean and that they respect animals. A kosher diet can also encourage self-control and spirituality*.

*Living life in the way god intended.

Questions

1. List three foods that Jewish people can eat.

2. List three foods that Jewish people can't eat.

3. If an animal was ill before it was killed, could Jews eat it? Explain why.

4. What do Jewish people do to meat to make sure it is clean?

5. How might someone know if a food item was kosher?

6. What does 'spirituality' mean in this text?

Answers

1. List three foods that Jewish people can eat.

Various answers

2. List three foods that Jewish people can't eat.

Various answers

3. If an animal was ill before it was killed, could Jews eat it? Explain why.

If an animal was ill before it was killed, Jews couldn't eat it because animals must be healthy before they are killed.

4. What do Jewish people do to meat to make sure it is clean?

To make sure that the meat is clean, Jewish people wash, soak, salt then wash it again.

5. How might someone know if a food item was kosher?

Packaged food can come with a label saying it is kosher.

6. What does 'spirituality' mean in this text?

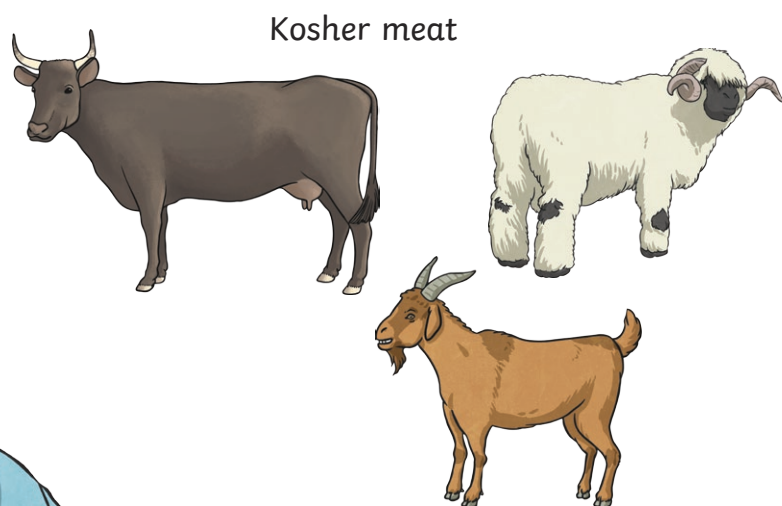
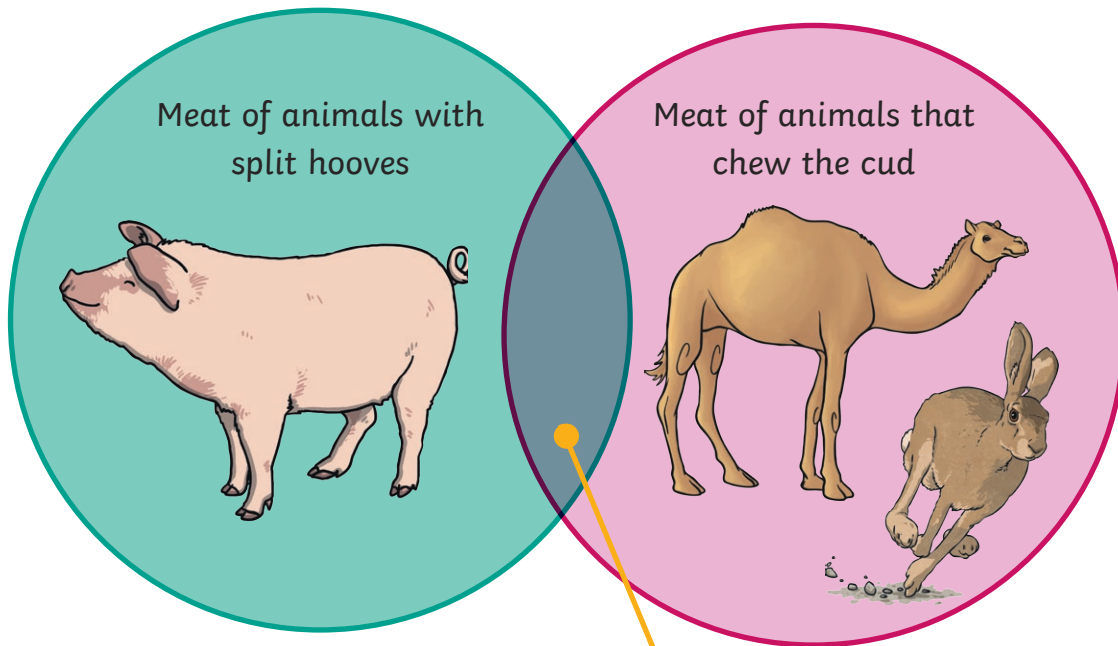
Spirituality means living life in the way god intended.

Kosher Food

Jewish food and drink laws are known as 'Kashrut' laws. Jews believe that these rules are a test of self-control. Jewish people only consume 'kosher' food and drink. Kosher means 'fit to eat'.

Kosher Meat



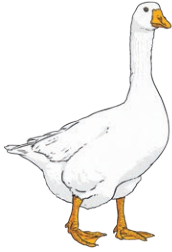

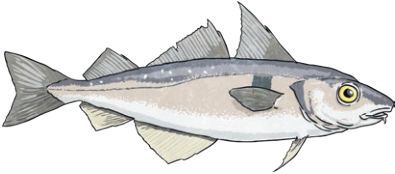
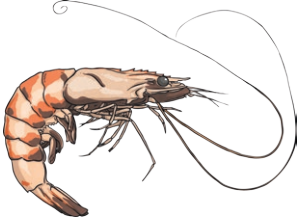
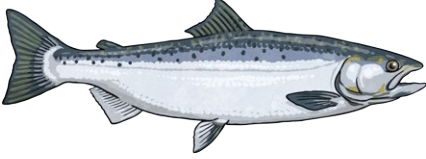
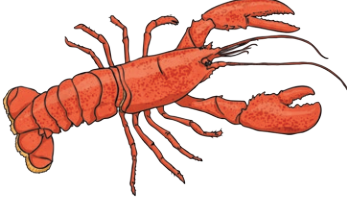
Land animals which are kosher have split hooves and chew their cud*. Cows, goats and sheep fit in both of these categories. Bacon or ham is not kosher as pigs do not chew the cud.



*Chewing the cud means having to chew food a second time, once it's been in the stomach

Although turkey, goose, duck and chicken are kosher, birds of prey such as eagles and hawks are not.

Fish that have scales and fins are kosher. Shellfish and eels are not. Sharks cannot be eaten because they do not have scales.

Kosher	Not Kosher
turkey 	eagle 
goose 	eel 
haddock 	prawn 
salmon 	lobster 

Treating Animals Responsibly

Jewish people believe that they must treat animals responsibly, therefore there are strict rules about how animals are slaughtered.

Rules For Kosher Slaughter

- The slaughter must be carried out by a shochet. This is a religious Jew who is trained to slaughter animals following special rules.
- When it is killed, the animal must not suffer and must be healthy.
- The meat must be washed, soaked, salted and then washed again.

Did You Know?

If packaged food is kosher, it shown by a symbol on the label.



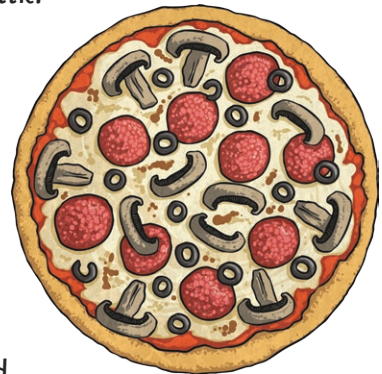
Dairy and Non-Meat

Dairy is a type of food produced from or containing milk.

Another important rule is that Jews must not consume meat and dairy at the same time, for example, a meaty pizza cannot be eaten because it would have cheese on it.



Food and drink which does not contain meat or dairy is called 'pareve', such as salad and fresh orange juice. This can be eaten with either a dairy or meat meal.



Kosher Kitchen

As well as only eating kosher food, the kitchen must be kosher too. Only kosher food may be brought into the kitchen. There must be separate cutlery, dishes, plates, cups, pots, pans, work surfaces, draining racks, dish cloths, place mats and table cloths for both meat, dairy food and drink.



Why Kosher?

Many Jewish people work hard to ensure that their food is kosher. It is important that the food they eat is hygienic and that they respect animals. A kosher diet can also encourage self-discipline and spirituality*.



* Living life in the way god intended.

Questions

1. What does kosher mean?

2. What are Kashrut laws?

3. What do Jewish people believe to be the purpose of the food laws?

4. List five things that Jewish people can't eat.

5. List five things that Jewish people can eat.

6. Why is meat from the pig not kosher?

7. Why should Jewish families have separate knives, forks, spoons, plates, pots and pans?

8. What is 'pareve'?

Answers

1. What does kosher mean?

Answer - Kosher means 'fit to eat'.

2. What are Kashrut laws?

Answer – Kashrut laws are those about food and drink.

3. What do Jewish people believe to be the purpose of the food laws?

Answer - Jews believe that these rules are a test of obedience and self-control.

4. List five things that Jewish people can't eat.

Various answers

5. List five things that Jewish people can eat.

Various answers

6. Why is meat from the pig not kosher?

Answer - Meat from the pig is not kosher as pigs do have split hooves but don't chew their cud.

7. Why should Jewish families have separate knives, forks, spoons, plates, pots and pans?

Answer – Jewish should have separate knives, forks, spoons, plates, pots and pans to keep meat and dairy food and drink separate.

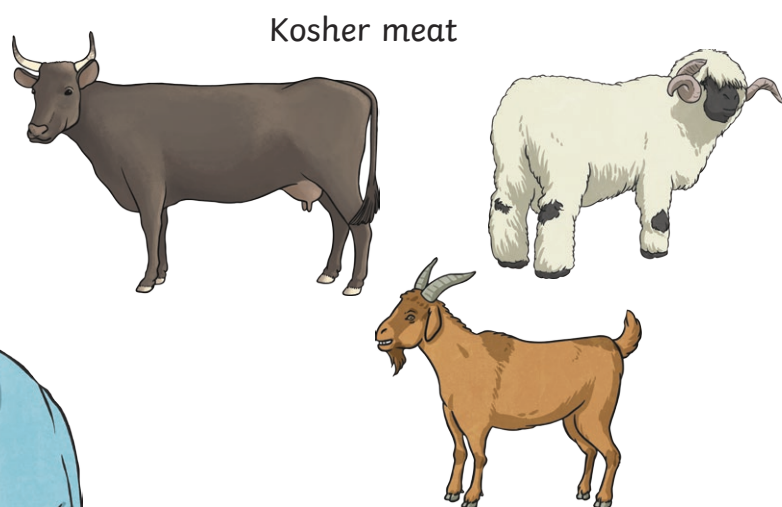
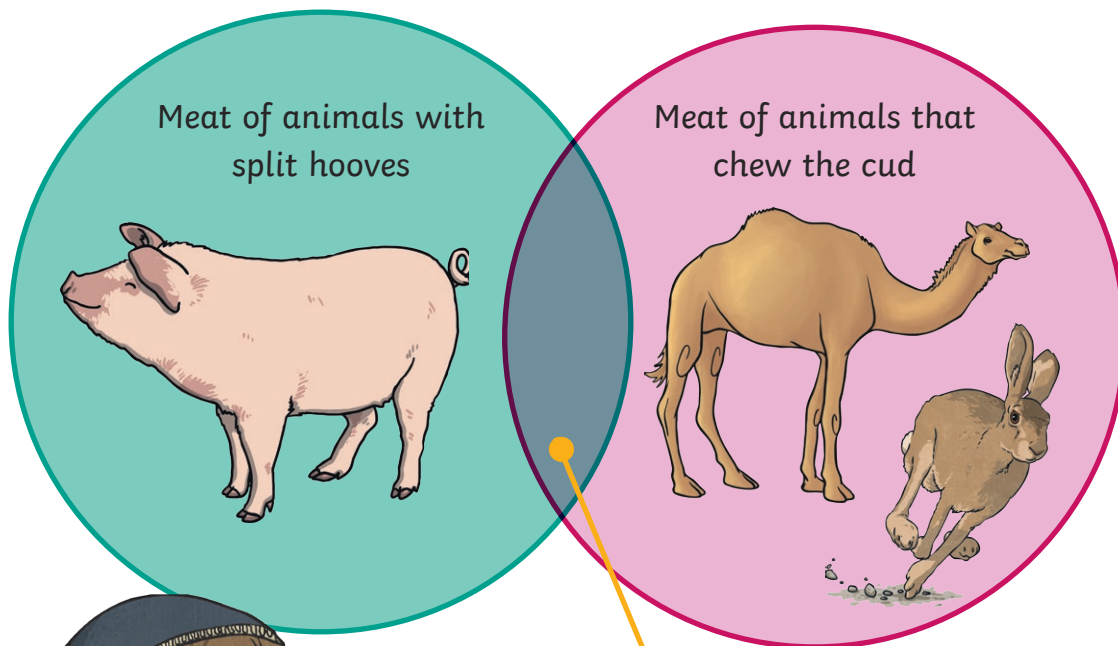
8. What is 'pareve'?

Answer - Food and drink which doesn't contain meat or dairy is called 'pareve'

Kosher Food



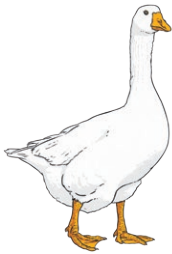

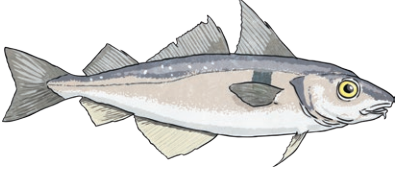
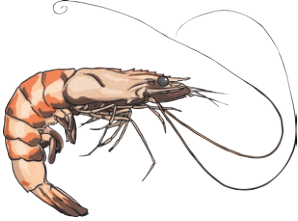
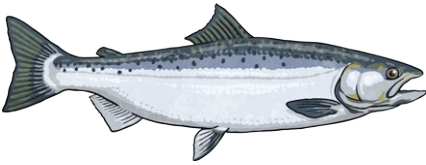
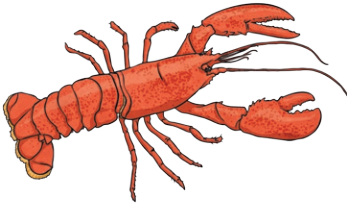
Jewish food and drink laws are known as 'Kashrut' laws and Jews believe that these rules are a test of obedience and self-control. Jewish people only consume 'kosher' food and drink. The Torah (Jewish holy book) indicates to Jews which foods are not permitted ('trefah' foods). Kosher means 'fit to eat'.
Kosher Meat

Land animals which are kosher have split hooves and chew their cud, for example, cows, goats and sheep. Bacon or ham is not kosher as pigs don't chew the cud. In fact, only milk which comes from kosher animals can be drunk, so a camel's milk would be 'trefah'.



Although turkey, goose, duck and chicken are kosher, the Torah gives a long list of birds which are not kosher which includes birds of prey such as eagles and hawks.

Fish that have scales and fins are kosher. Shellfish, molluscs and eels are not. Since sharks only have fins, they are not permitted to be eaten.

Kosher	Not Kosher
<p>turkey</p> 	<p>eagle</p> 
<p>goose</p> 	<p>eel</p> 
<p>haddock</p> 	<p>prawn</p> 
<p>salmon</p> 	<p>lobster</p> 

Treating Animals Responsibly

Jewish people believe that they must treat animals responsibly, therefore there are strict rules about how animals are slaughtered.

Rules For Kosher Slaughter

- The slaughter must be carried out by a shochet. This is a religious Jew who is trained and licensed to slaughter animals by following specific rules.
- When it is killed, the animal must not suffer and must be healthy.
- Slaughter must be performed with a quick cut from a very sharp knife with a perfect blade to ensure the animal does not suffer and is uninjured before death.
- The meat must then be washed, soaked, salted and then washed again.

Did You Know?

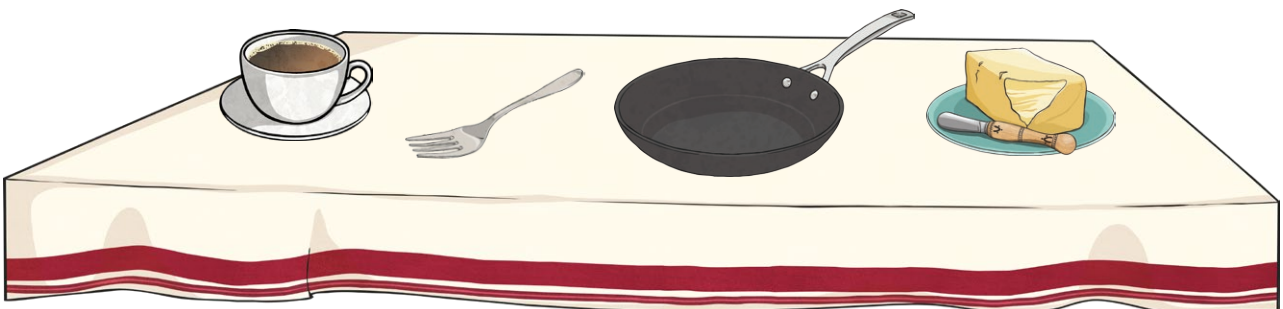
Even though they are kosher, some parts of the animal must not be eaten, such as the kidneys and the fat around the innards.

If packaged food is kosher, it shown by a symbol on the



Kosher Kitchen

As well as only eating kosher food, the kitchen must be kosher too. Only kosher food may be brought into the kitchen. In addition to this, there must be separate cutlery, dishes, plates, cups, pots, pans, work surfaces, draining racks, dish cloths, place mats and table cloths for both meat, dairy food and drink.



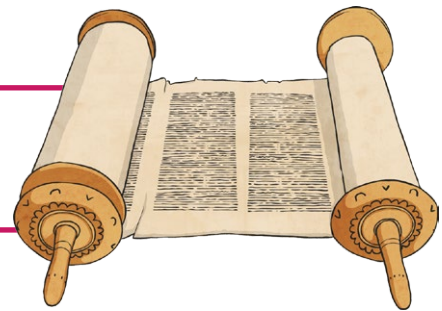
Meat and dairy must be kept in different areas of the fridge. Also, the oven is to be used only for either meat or dairy dishes. For these reasons, some Jewish families own two ovens and have two separate food preparation areas. It is also recommended that there are two separate sinks for washing up items which have come into contact with meat or dairy products.

Why Kosher?

Many Jewish people work hard to ensure that their food is kosher. It is an important part of their religion to ensure that the food they take in is hygienic and respects other life. A kosher diet also reminds Jews of the teachings of their religion - it can promote religious discipline and spirituality.

Did You Know?

There are Jewish 613 food laws in the Torah!



Questions

1. What does kosher mean?

2. Can you explain why these laws are important to Jewish people?

3. Why wouldn't a Jewish person be permitted to eat a chicken sandwich with buttered bread?

4. Can you think of three other examples of meals which wouldn't be permitted by Jewish food law?

5. Why can't Jewish people eat camel meat but can eat goat meat?

6. Who is a shochet and what can they do?

Questions

7. Which fact shows that families take the Jewish food laws very seriously?

8. What you do think about the Jewish food laws?

9. What helps to indicate to Jewish people that food is kosher?

10. What is 'pareve'?

Extension Research Task

Do any other religions have any specific religious rules related to food and drink?

Answers

1. What does kosher mean?

Answer - Kosher means 'permitted' or 'fit to eat'.

2. Can you explain why these laws are important to Jewish people?

Answer - These laws are important to Jewish people as they come from the Torah. Jews believe that a kosher diet reminds them of the teachings of their religion and promote religious discipline and spirituality

3. Why wouldn't a Jewish person be permitted to eat a chicken sandwich with buttered bread?

Answer - A Jewish person wouldn't be permitted to eat a chicken sandwich with buttered bread as Jews mustn't consume meat and dairy at the same time.

4. Can you think of three other examples of meals which wouldn't be permitted by Jewish food law?

Various answers

5. Why can't Jewish people eat camel meat but can eat goat meat?

Answer - Jewish people can't eat camel meat since camels don't have split hooves but goats have both split hooves and chew the cud.

[Teacher note: camels have two toes rather than a split hoof.]

6. Who is a shochet and what can they do?

Answer - A shochet is a religious Jew who is trained and licensed to slaughter animals by following specific rules.

7. Which fact shows that families take the Jewish food laws very seriously?

Answer - The fact that some Jewish families have two ovens, two separate food preparation areas and keep it in different areas of the fridge shows that they take the food laws very seriously.

Answers

8. What do you think about the Jewish food laws?

Various answers

9. What helps to indicate to Jewish people that food is kosher?

Answer - Packaged food can come with a label saying it is kosher.

10. What is 'pareve'?

Answer - Food and drink which doesn't contain meat or dairy is called 'pareve', such as salad and fresh orange juice. This can be eaten with either a dairy or meat meal.