# Religion and Dietary Practices

|  |
| --- |
| Vocabulary key terms: customs, rituals, faith, abstain, prohibited, kosher, sacred, fasting |

Since the beginning of time, dietary practices have been incorporated into the religious practices of people around the world. Some religious sectors abstain, or are forbidden, from consuming certain foods and drinks; others restrict foods and drinks during their holy days; while still others associate dietary and food preparation practices with **rituals**of the faith.

Choose one religion from the list below and complete the table below. You will then share your information with the rest of the class to complete the table.

* Judaism
* Mormonism
* Catholicism
* Hinduism
* Buddhism
* Muslim
* Seventh Day Adventist

|  |  |  |
| --- | --- | --- |
| **Name of the religion** | **Practice or restriction** | **Rationale** |
| Judaism |  |  |
| Mormonism |  |  |
| Catholicism |  |  |
| Hinduism |  |  |
| Buddhism |  |  |
| Muslim |  |  |
| Seventh Day Adventist |  |  |