# Religion and Dietary Practices

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| 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

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| **Name of the religion** | **Practice or restriction** | **Rationale** |
| Judaism | Pork and pork products, shellfish, meat and dairy at the same meal, birds of prey | The Torah says so. These are some of the most complex dietary laws of all religions and reasons for and degrees of devotion vary from community to community. |
| Mormonism | Have many rules and restrictions regarding eating and drinking for example complete abstinence from the morning coffee and alcohol and emphasis on wholesome eating | Mormons believe that their body is a precious gift from god to help keep their bodies and minds healthy and strong  God promises great physical and spiritual blessings to those who follow the word of wisdom |
| Catholicism | Meat on Ash Wednesday, Good Friday and all Fridays in Lent - and for Catholics in some dioceses, meat on any Friday. Animal products such as fat, eggs, dairy and broth are permissible, as is fish | These acts of self-denial and penance are in observance of divine law that each person should turn from sin and make reparation to God for their sins. |
| Hinduism | Most Hindus do not eat meat (strict Hindus are vegetarian) and none eat beef | The cow is sacred to them and seen as a holy figure |
| Buddhism | The practice of meditation is central to all forms of Buddhism and it derives directly from the Buddha’s experiences and restrictions.  No prohibitions, monks excluded, just advices or perhaps something between those two. No punishments or bad Karma | The function of punishment is to instruct and rehabilitate never to gain retribution, in other words punishments do not make the offender pay for his crimes  Buddha's "Five Contemplations While Eating," in which followers ask themselves,  1. What food is this?  2. Where does it come from?  3. Why am I eating it?  4. When should I eat and benefit from this food?  5. How should I eat it? |
| Muslim | Restrictions include: Alcohol, pork or pork products, birds of prey, carnivorous animals, blood, meat that is not slaughtered in the name of Allah, gelatin from non-Halal animals | It is commanded by God (Allah), who decreed some foods halal (allowed) and some haram (forbidden). Am individuals obedience to these restrictions is a matter of their devotion and faith.Followers of Islam recite the name of Allah before eating and offer thanks upon finishing, thus achieving a prayer-like state. Overeating is heartily discouraged and healthy, naturally grown food is ideal.  In order for a slaughter to be considered Halal, the following conditions must be met:   * The slaughterer must be Muslim (though some of the devout allow for a Christian or Jewish slaughterer) * Allah's name must be invoked at the time of slaughter. * The throat, windpipe and jugular veins are cut with a sharp blade. |
| Seventh Day Adventist | No Alcohol.  Caffeine is to be avoided but is not strictly prohibited.  Many of the followers are strict vegetarians. | Seventh Day Adventists believe in a healthy and wholesome diet and adhere to a food doctrine taken from Leviticus.  This practice divides meat and fish into categories of "clean" and "unclean," sharing much in common with Jewish custom. For example: Pork and shellfish are considered unclean while fish with fins and scales are clean. |