

Kosher Information

Judaism

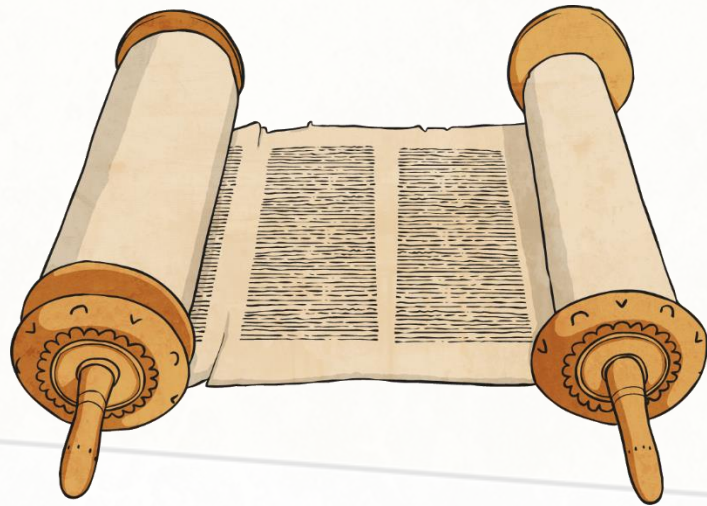


Kosher Food and Drink

Jewish food and drink laws are known as 'Kashrut' laws and Jews believe that these rules are a test of obedience and self-control.

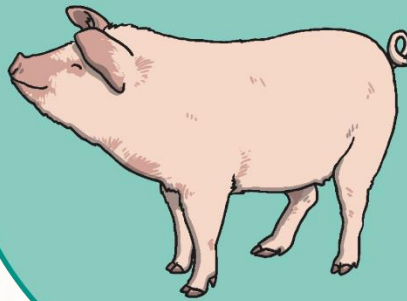
Kosher means 'fit to eat'.

Jewish people only consume kosher food and drink. The Torah (Jewish holy book) indicates to Jews which foods are not permitted (trefah foods).

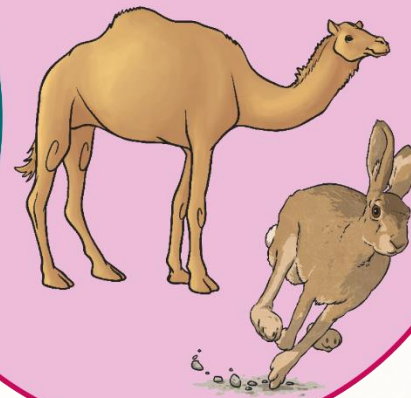


Meats

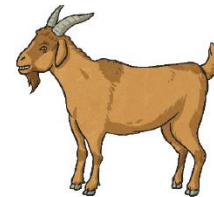
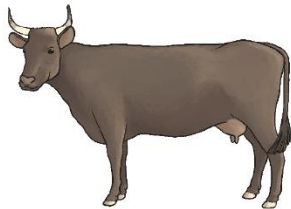
Meat of animals with
split hooves



Meat of animals that
chew the cud







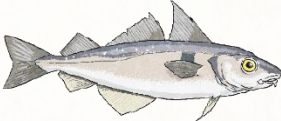


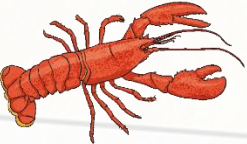
Kosher meat



Kosher Meats

Many birds, such as turkey, goose, duck and chicken are kosher. However, birds of prey are not.

Fish that have scales and fins are kosher. Shellfish, molluscs and eels are not.

Kosher	Not Kosher
turkey 	eagle 
goose 	eel 
haddock 	prawn 
salmon 	lobster 

Treating Animals Responsibly

There are rules about how animals are killed:

The animal must only be slaughtered by a shochet. This is a Jew who is trained to slaughter animals and follows special rules.

When it is killed, the animal must not suffer.

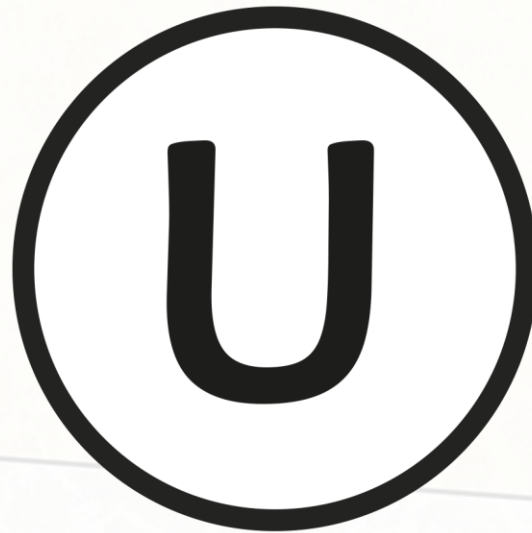
The animal must be healthy before it is killed.

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.

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 is shown by a symbol on the label, such as this one:



Dairy

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

Another important Jewish 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.



After eating meat, at least six hours must pass before consuming dairy.

Non-Meat and Dairy

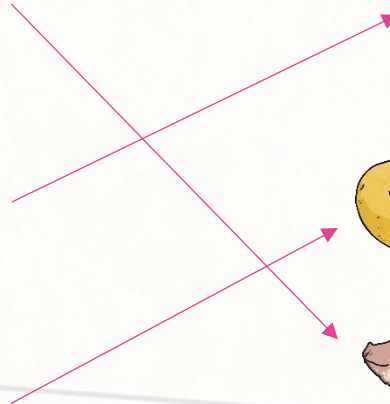
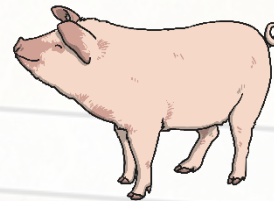
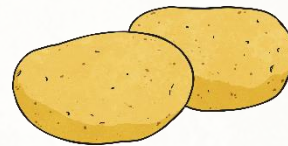
Food and drink which does not contain meat or dairy, such as salad and fresh orange juice, is called 'pareve'. This *can* be eaten with either a dairy or meat meal.

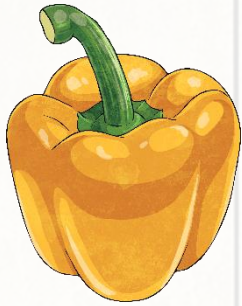
Match these words and pictures – talk to a partner and record your answers on a whiteboard:

trefah

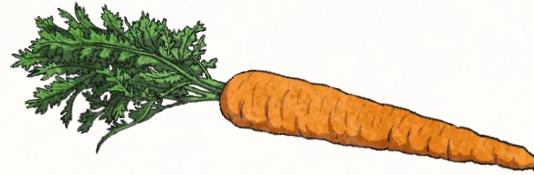
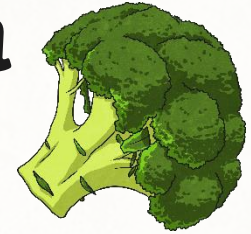
pareve

kosher



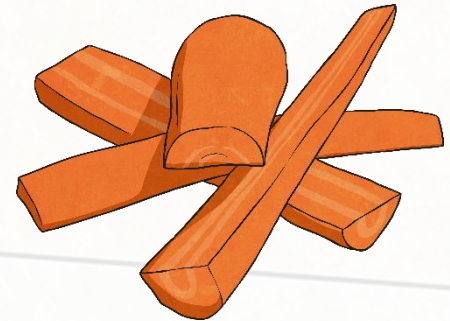
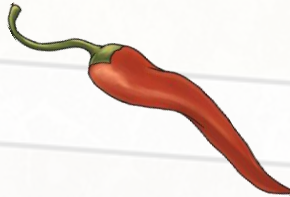
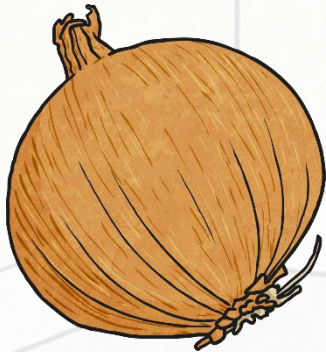


Vegetarian and Vegan



You might think that vegetarian or vegan food would be kosher, but there are further rules to be followed for food to be considered kosher.

Fruits and vegetables have to be thoroughly cleaned to make sure they are completely free of insects.

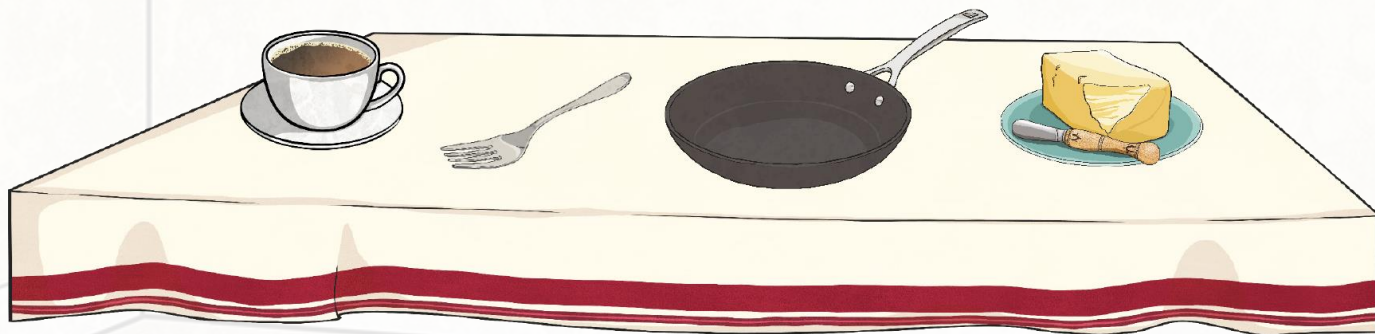


Kosher Kitchen

The kitchen and the way the food is prepared is also important for food to be kosher:

- Only kosher food can be brought into the kitchen.
- Certain foods must be cooked or baked in order to be kosher.
- Separate kitchen equipment must be used for meat, dairy and drink.

These include surfaces, utensils, pans, crockery and table equipment.



Kosher Kitchen

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.

