

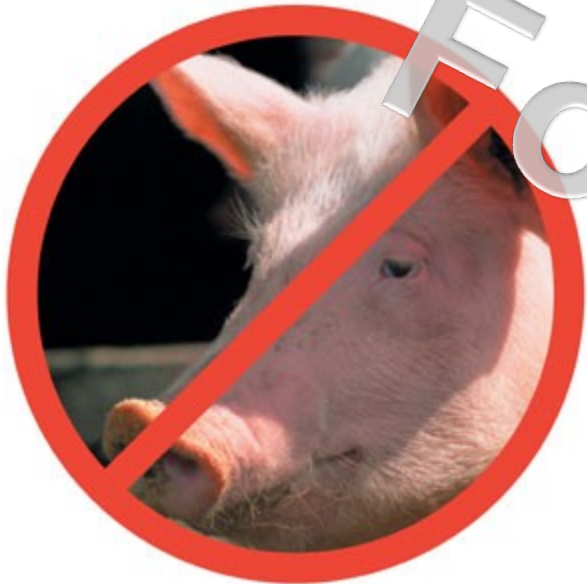


# Kosher Food

There are many laws that Jews have to follow. One of these laws includes the food Jews are allowed and not allowed to eat. The word **kosher** is used to describe foods which are allowed to be eaten by Jewish laws.



# What does the Torah say?



Animals that have cloven hooves and chew the cud, such as lamb, are kosher foods. However pork is not.

Animals have to be slaughtered by a trained person to minimize the amount of pain. Blood needs to be drained from the meat, because it contains the life of the animal.



Meat and dairy products cannot be eaten together. A kosher household must have two sets of utensils to keep meat and dairy products separate.

# What foods are allowed and not allowed?

Kosher Foods	Non Kosher Foods
Lamb Goat Poultry Beef Duck Fish with Fins and Scales	Eels Rabbit Pork Horse Camel Octopus Shell fish Birds



# Other Foods

Foods that are neither dairy nor meat are known as parve and can be eaten with both kinds of meals. These foods include fruit, vegetables, rice, eggs and lentils.



However fruit and vegetables have to be checked thoroughly before consumption to make sure there are no insects present.