**Cultural and Religious Beliefs**

1. Complete the table below.

<http://www.betterhealth.vic.gov.au/bhcv2/bhcpdf.nsf/ByPDF/Food_culture_and_religion/$File/Food_culture_and_religion.pdf>

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| --- | --- | --- | --- |
| **Food preferences of major cultural and religious groups** | | | |
| **Food** | **Hindus/Buddhists** | **Muslims** | **Jews** |
| Eggs | Some\* | Yes | Yes |
| Milk and yoghurt |  |  |  |
| Cottage/curd cheese |  |  |  |
| Chicken | Some\* | Halal# | Kosher+ |
| Mutton |  |  |  |
| Beef |  |  |  |
| Pork |  |  | No |
| Fish |  |  |  |
| Butter/Ghee |  |  |  |
| Margarine/vegetable oils |  |  |  |
| \* Very strict followers avoid this  # Halal meat must be killed, dedicated and prepared in a special way  + Kosher meat for Jews requires special rituals and butchering procedures in preparation | | | |

2. List two religious groups that are vegetarian

3. Which religious group does not kill any animals?

4. Explain some of the restrictions of the Jewish faith

5. What does the term Halal mean?

6. Why is fasting required by some religions?