

Kosher Foods

Kosher is the name given to food that Jews can eat. There is no reason in the Torah, the holy Jewish book, why they cannot eat food that isn't kosher, so they do this because it reminds them who they are, and that they love and obey God.

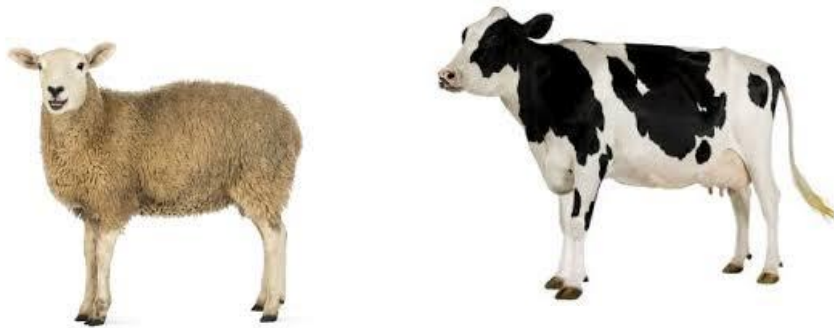
Plants

All fruit, veg and grains can be eaten by Jews. Apples, bananas, strawberries, lettuce, broccoli etc.



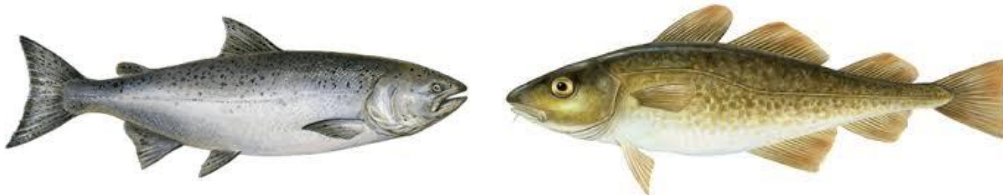
Land Mammals

Any animals that have split hooves and chew on cud, which is when animals partly digest their food, and regurgitate it, then ruminated. This includes sheep, cows, deer and goats. Camels, rabbits and horse are forbidden for Jews.



Water Animals

Jews are permitted to eat fish with scales and fins. Some examples are salmon and cod. Fish such as crabs, eels and prawns are not kosher.



Birds

Any birds of prey that eat grain are kosher. For example, chickens, geese, turkeys and ducks. Owl and eagles are predatory birds, and are not kosher, so Jews cannot eat it.



Kosher meat is killed in a way that is not as harmful. Animals that are hunted, trapped or shot are not kosher.

It is also not kosher to eat meat and dairy together. Jews wait at least three hours before 'mixing' milk and meat together. Most Jews have two sets of crockery, cutlery, tea cloths, sinks and bowls for each food group. Cheeseburgers are not kosher, because cheese and meat cannot be eaten, but fish, eggs and plants can be eaten with milk or meat. This includes cereal with milk, spaghetti Bolognese and other foods.