



'EAT SHARE LOVE'

FAITH AND FOOD GAME

In keeping with this year's Scottish Interfaith Week theme of Eat Share Love, here is a game to help us better understand the different food laws of people belonging to different faiths.

There are two sets of cards with 9 cards in each set:

- The blue cards have a name of a different religion on each card
- The purple cards give a description of any food laws and dietary restrictions for each faith

Cut out the cards and give one set of blue cards and one set of purple cards to each person or team of players.

Match up the description of the food laws with the appropriate religion. There is one description to be matched with each religion.

Remember to print out the cards on single-sided pages!

An answer sheet is provided at the end.

This religion has no specific dietary requirements. Some people may be vegetarians but that is a personal choice. Alcohol is not permitted.

The people are mostly vegetarian or vegan due to the first precept of the faith to refrain from harming sentient beings. Their monks may eat only one main meal a day and some may eat meat as their tradition asks them to eat whatever they receive.

In this religion there are no dietary restrictions. Some religious traditions within the faith do not permit drinking alcohol.

These people follow the ‘Word of Wisdom’.

It warns against use of stimulants and substances that are harmful to body. For them this includes tea, coffee, alcohol and tobacco.

Most people in this faith are Vegetarian. Those who eat meat do not eat beef as the cow is considered to be sacred. Some may not eat onion or garlic.

The people following this religion eat Halal food (Invoking God’s name when the animal is killed). They avoid eating pork, carrion, and blood. Drinking alcohol is prohibited.

In this religion there are many dietary restrictions - only animals with cloven hoofs can be eaten, fish with scales and fins can be eaten. Some people will only eat meat which is killed and prepared by their own religious workers and will not take milk and meat in the same meal.

Many people are vegan or vegetarian. They prefer food from organic farming and free-range livestock rearing.

Baptised members of this faith are vegetarian and are not allowed alcohol, tobacco or other intoxicants. For followers of this faith who eat meat, it must be slaughtered according to jhatka (where the animal is killed instantly).

Baha'i

Buddhism

Christianity

The Church of Jesus
Christ of Latter-day
Saints

Hinduism

Islam

Judaism

Paganism

Sikhism

ANSWER SHEET

Faith	Description
Christianity	In this religion there are no dietary restrictions. Some religious traditions within the faith do not permit drinking alcohol.
Judaism	In this religion there are many dietary restrictions- only animals with cloven hoofs can be eaten, fish with scales and fins can be eaten. Some people will only eat meat which is killed and prepared by their own religious workers and will not take milk and meat in the same meal.
Islam	The people following this religion eat Halal food (invoking God's name when the animal is killed). They avoid eating pork, carrion, and blood. Drinking alcohol is prohibited.
Baha'i	This religion has no specific dietary requirement. Some people may be vegetarians but that is a personal choice. Alcohol is not permitted.
Hinduism	Most people in this faith are Vegetarian. Those who eat meat do not eat beef as the cow is considered to be sacred. Some may not eat onion or garlic.
Sikhism	Baptised members of this faith are vegetarian and are not allowed alcohol, tobacco or other intoxicants. For followers of this faith who eat meat, it must be slaughtered according to jhatka.
Buddhism	The people are mostly vegetarian or vegan due to first precept and respect for other sentient beings. Their monks may eat only one main meal a day and some may eat meat as their tradition asks them to eat whatever they receive.
Paganism	Many people are vegan or vegetarian. They prefer food from organic farming and free-range livestock rearing.
The Church of Jesus Christ of Latter-day Saints	These people follow the 'Word of Wisdom'. It warns against use of stimulants and substances that are harmful to body. For them this includes tea, coffee, alcohol and tobacco.