

Religion Outline

- I. Definition and purpose
 - A. Religion – purpose is to express beliefs about the Universe and to fulfill a basic need by helping people to cope with the unknown and uncontrollable
 - B. Origin may be prophetic (derived from ancient Jewish lore) or mystical (origination in Indian philosophy)
 - C. Functions may include
 1. communication with God or other supernatural forces
 2. demonstration of faith
 3. rejection of worldliness
 4. enhancing of identity
 5. expressing separateness
- II. Origins of religious food practices
 - A. Required by God/prescribed in scriptures
 - B. Decree by religious or political leaders
 - C. Arise through adaptation/co-option of existing food practices
 - D. Changing nature
 1. religious reform/revision
 2. acculturation
 3. adherence
 4. suit personal needs/preferences
- III. Food beliefs and practices in world religions
 - A. Islam

1. Basic guidance regarding food laws is revealed in the Quran (the divine book) from Allah (the Creator) to Muhammad (the Prophet) for all mankind
2. Eleven generally accepted rules pertaining to halal (permitted) and haram (prohibited)
3. Prohibited foods include: carrion (dead animals), flowing blood, swine, animals who have been killed without Allah's name, alcohol, fanged animals, sharp-clawed birds and land animals without ears
4. Islamic Food and Nutrition Council of America provides consultation services and assists professionals in developing products to conform to these laws
5. 5. Fasting (Ramadan) – Abstain from food, drink and other physical pleasures from sunrise to sunset during a lunar month for a period of 40 days

B. Judaism

1. Detailed instructions from the first five books in the Old Testament
2. Kosher – “fit” or ritually proper when speaking of food –
3. approximately 30% of products in US are kosher
4. Kosher rules include –
 - a. animals must chew cud and have cloven hoof
 - b. birds must not be scavengers
 - c. fish must have fins and scales
 - d. milk and meat must not be eaten together
 - e. special slaughter laws
5. Sabbath(Shabbat) – no cooking of foods
6. Rosh Hashanah – no bitter or sour foods served
7. Yom Kippur (Day of Atonement) – fasting from sunset to sunset

8. Sukkot (Feast of Tabernacles) – Orthodox families eat meals in **sukkah**
9. Hannakah (Festival of Lights) – potato pancakes
10. Passover (Pesach) – no food with leavening eaten for entire week
11. Symbols

C. Hinduism – food is necessity of life and created by Supreme Being for benefit of man

1. vegetarianism

D. Buddhism – vegetarianism based on concepts of “karuna”(compassion) and “Karma” (action and conduct)

1. no alcoholic beverages

E. Seventh-day Adventists

1. vegetarians - 40-50%
2. no alcohol
3. discourage hot spices, aged cheeses, and beverages with caffeine unclean animals

F. Church of Jesus Christ of Latter-Day Saints

1. Word of Wisdom