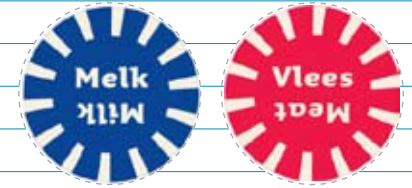
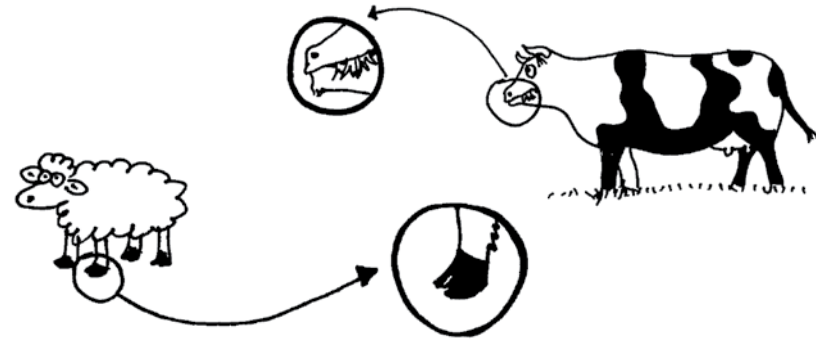


Kosher

The word kosher means 'permitted' and comes from the Hebrew word *kasher*. The kosher kitchen is based on the Torah's guidelines. These specify what you are allowed to eat and how food should be prepared. Meat from animals that chew their cud and have split hooves, such as cows and sheep, is permitted if it has been slaughtered in a specified manner. Poultry such as chickens, ducks and geese are also kosher. And fish? The Torah says that only fish with scales and fins may be eaten.

And then there's the rule: 'you may not cook a young goat in its mother's milk'. Therefore - in a kosher kitchen - separate sets of dishes, cooking pans, and silverware are used for meat and dairy products. The colors red (meat) and blue (dairy) are often used to tell these apart.

Vegetables, fruit, grain, dried peas and beans, olives, eggs, and fish are neither meat nor dairy products. These foods are *parveh*, meaning 'neutral'. Parveh food can be eaten with both meat and dairy. Sometimes the color green is used to indicate parveh.



My notes:

Tip from Max



Working on a school project about what kosher is? At the end of your presentation, have your class play the [Kosher game](#).

