

EATING ACCORDING TO RELIGIOUS PRACTICES

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Abstract. Nutrition ensures the vital activity of the body and is its most important biological need. The products used for food, methods of their culinary processing and types of dishes, food restrictions and preferences, rules for cooking and eating - all this together forms a nutrition system inherent in each people or region inhabited by peoples close in culture. The food system reflects climatic, geographical, historical, religious, national, socio-economic and other factors. This paper explores the concept of Halal tourism along with the components which constitute eating habits in two religions. It provides worldwide examples of some of the current best practices. What is allowed and not allowed in the religions are also discussed.

Абстракт. Питание обеспечивает жизнедеятельность организма и является его важнейшей биологической потребностью. Используемые в пищу продукты, способы их кулинарной обработки и виды блюд, пищевые ограничения и предпочтения, правила приготовления и приема пищи - все это в совокупности образует систему питания, присущую каждому народу или региону, населенному близкими по культуре народами. Система питания отражает климатические, географические, исторические, религиозные, национальные, социально-экономические и другие факторы. В этой статье исследуется концепция халяльного туризма, а также компоненты, составляющие привычки питания в двух религиях. Он предоставляет мировые примеры некоторых из современных передовых практик. Также обсуждается, что разрешено и что запрещено в религиях.

Understanding religious dietary requirements prepares your menu to satisfy diner diversity. In today's multicultural landscape, it is becoming more important for food service managers to understand the different dietary practices followed by Americans. As the U.S. population continues to grow and diversify, religious dietary restrictions, such as kosher and halal, are increasingly followed.

During the last decade, the market for kosher food has increased by 15% on a yearly basis in North America. Similarly, halal food is also experiencing strong growth. Halal consumers now spend \$20 billion on food each year in the United States. Strict laws and regulations governing these two types of diets outline what foods a person can and cannot eat and how to prepare them. To help understand these religious practices, each diet will be examined in greater depth.

The Kosher Diet (Jews')

Food is kosher when it meets dietary requirements outlined by Jewish law or kashrut, making it acceptable for people observing those laws to eat. The role of a kosher supervisor is to ensure the food is kosher and remains kosher after preparation or processing. A kosher symbol on a food product means that the product has been certified kosher from an agency. Kosher food is divided into three groups: meat, dairy and pareve (neither meat nor dairy). Only animals that chew their cud, have cloven hooves and are free from disease are considered kosher. These restrictions also apply to animal flesh, organs, milk and any by-products. Domesticated fowl are considered kosher. Seafood with fins and scales are also allowed. According to Jewish law, meat and dairy products cannot be combined or eaten at the same meal. Many people wait between three to six hours after eating a meal containing meat to have dairy products. Pareve foods do not contain any meat or dairy, therefore they can be eaten with either one.

Examples of foods allowed:

- ❖ Meat: Kosher beef, game, lamb, chicken, turkey, duck, goose and fish
- ❖ Dairy: Products Milk, cheese, yogurt (from a kosher certified animal)
- ❖ Parve Fruits, vegetables, eggs, fish*, cereal products, nuts, grains
- ❖ **Fish cannot be placed on the same plate as meat – however, it can be consumed during the same meal.*

Examples of forbidden foods:

- ❖ Pork, reptiles, amphibians and insects
- ❖ Shellfish (including lobster, oysters, mussels), shrimp and scallops
- ❖ Animal products or by-products made from any non-certified animal

The Halal Diet

Islamic dietary laws define which foods are halal. Halal foods are lawful and permitted to be eaten by those observing Islamic teachings. Muslims are not allowed to consume foods or beverages that are Haram, or forbidden. Foods that carry a halal symbol on their packaging have been approved by an agency and are certified to be free of any forbidden components or ingredients. Halal claims on the nutrition label or the packaging must include the name of the certification body.

Examples of foods Halal (allowed) and Haram (forbidden):

- Cereal products Halal:
- Cereal products not containing haram ingredients
- Rice, Pasta

Cereal products Haram:

- Cereal products containing haram ingredients (alcohol animal fats, vanilla extract)

Fruits and vegetables Halal:

- All (frozen, canned, raw, boiled, butter, vegetable, oil)
Juice
- Fruits and vegetables Haram:
- Fruits and vegetables containing Haram ingredients (alcohol, animal fats, gelatine, bacon)
Milk and dairy Halal:
- Milk
- Yogurt, cheese, and ice cream made with bacterial culture without animal rennet
Milk and dairy Haram:
- Cheese, yogurt and ice cream made with animal rennet, vanilla extract, gelatine, pepsin, or lipase
Meats and alternatives Halal:
- Certified meat and poultry
- Seafood, nuts, eggs, peanut butter, tofu, halal deli meats, legumes
Meats and alternatives Haram:
- Pork and port products (ham, sausage, bacon)
- Non certified meat and poultry
- Any product prepared with alcohol or animal fats

It is often difficult to classify processed food as strictly halal or haram because of the ingredients they contain. Therefore, it is important to check the product's label or packaging to see if it is halal certified. If no certification is specified, verify the list of ingredients and look for haram or forbidden ingredients. Some examples include: gelatin, lipase, pepsin, alcohol, vanilla extract (pure or artificial), animal fats, animal blood, animal rennet, mono and diglycerides from an animal source, whey powder, sodium stearoyl lactylate (SSL) or L-cysteine. By having food items and products available in your establishment that are allowed according to these religious principles, you will be able to satisfy the needs of a larger group of clients or customers.¹

CRITERIA FOR THE USE OF THE TERM “HALAL” LAWFUL FOOD

The term halal may be used for foods which are considered lawful. Under the Islamic Law, all sources of food are lawful except the following sources, including their products and derivatives which are considered unlawful:

Food of Animal Origin

- (a) Pigs and boars.
- (b) Dogs, snakes and monkeys.
- (c) Carnivorous animals with claws and fangs such as lions, tigers, bears and other similar animals.

¹ http://www.chabad.org/library/article_cdo/aid/82658/jewish/Meat-Dairy-and-Pareve.htm

(d) Birds of prey with claws such as eagles, vultures, and other similar birds.

(e) Pests such as rats, centipedes, scorpions and other similar animals.

(f) Animals forbidden to be killed in Islam i.e., ants, bees and woodpecker birds.

(g) Animals which are considered repulsive generally like lice, flies, maggots and other similar animals.

(h) Animals that live both on land and in water such as frogs, crocodiles and other similar animals.

(i) Mules and domestic donkeys.

(j) All poisonous and hazardous aquatic animals.

(k) Any other animals not slaughtered according to Islamic Law.

(l) Blood.

Food of Plant Origin

Intoxicating and hazardous plants except where the toxin or hazard can be eliminated during processing.

Drink

(a) Alcoholic drinks.

(b) All forms of intoxicating and hazardous drinks.

Food Additives

All food additives derived from Items 3.1.1, 3.1.2 and 3.1.3.

Islamic method of slaughtering

Islamic law requires that animals intended for human consumption be slain in a certain manner. Halal slaughter is one of the more humane methods available to the meat industry and the only method acceptable for Muslim consumers. The conditions for Halal slaughter can be summarized as follows:

✓ The animal to be slaughtered must be from the categories that are permitted for Muslims to eat.

✓ The animal must be alive at the time of slaughter.

In general, all forms of stunning and unconsciousness of animals are disliked. However, if it is necessary to use these means to calm down or mitigate violence of animals, low voltage shock can be used on the head only for the durations and voltage as per given guidelines. Stunning through a device with a non-penetrating round head, in a way that does not kill the animal before its slaughter, is permitted, provided that certain conditions are adhered to.

✓ The name of Allah must be invoked (mentioned) at the time of slaughtering by saying: Bismillah Allahu Akbar. (In the Name of Allah; Allah is the Greatest.)

- ✓ The animal must be slaughtered by the use of a sharp knife. The knife must not kill due to its weight. If it kills due to the impact the meat may not be permissible.
- ✓ The windpipe (throat), food-tract (oesophagus) and the two jugular veins must be cut.
- ✓ The slaughtering must be done in one stroke without lifting the knife. The knife should not be placed and lifted when slaughtering the animal.
- ✓ Slaughtering must be done by a sane adult Muslim. Animals slaughtered by a Non Muslim will not be Halal.

If at the time of slaughtering the name of anyone else other than Allah is invoked (i.e. animal sacrificed for him/her), then the meat becomes Haram “unlawful.”

If a Muslim forgets to invoke the name of Allah at the time of slaughtering, the meat will remain Halal. However, if he intentionally does not invoke the name of Allah, the meat becomes Haram.

- ✓ The head of the animal must not be cut off during slaughtering but later after the animal is completely dead, even the knife should not go deep into the spinal cord.
- ✓ Skinning or cutting any part of the animal is not allowed before the animal is completely dead.
- ✓ Slaughtering must be made in the neck from the front (chest) to the back.
- ✓ The slaughtering must be done manually not by a machine, as one of the conditions is the intention, which is not found in a machine.
- ✓ The slaughtering should not be done on a production line where pigs are slaughtered. Any instrument used for slaughtering pigs should not be used in the Halal slaughtering.

Here are main requirements of Muslim travelers to hotels:

- ➔ **Halal cafes and restaurants:** the presence of a "halal menu" or at least a halal food delivery service is the main criterion when choosing a place of accommodation.
- ➔ **Oriental cuisine:** the Oriental cuisine menu is an effective way to attract Muslims to a particular hotel. This item is also one of the most popular requirements for halal holidays.
- ➔ **A wide range of soft drinks:** non-alcoholic mini-bars in hotel rooms and a sufficient selection of soft drinks on the menu are highly appreciated in the list of requirements of Muslim travelers.
- ➔ **Separate spas, swimming pools, fitness rooms for men and women:** does the hotel have a separate SPA, pool or beach for women? This is the question many Muslims ask when planning their vacation.

- ➔ **The ability to perform Salataa(namaz):** mosques, prayer rooms are within walking distance.
- ➔ **Dress code:** hotel staff should be modestly dressed.
- ➔ **Prayer paraphernalia:** the presence of the Koran in the hotel room. On the part of the hotel owners, this will be an easy and reliable way to welcome guests. The provision of mats, the schedule of prayers and the qibla (direction sign towards the holy Kaaba in Mecca) will also please Muslim guests.
- ➔ **Islamic TV channels:** guests will be grateful if the hotel provides them with the opportunity to stay up to date with current events in the Islamic world, not only through the Internet.
- ➔ **The appropriate interior of the room:** the absence of paintings, decorative items depicting people and animals or other content that is incompatible with Islamic ethics and norms.
- ➔ **The absence (or minimal presence) of various entertainment events contrary to Sharia law (beach parties, show programs, etc.) on public platforms.**
- ➔ **Excursions related to Islamic history and Muslim culture:** the opportunity to choose and book a tour at the hotel.

Conclusion. During the last decade, the market for kosher food has increased by 15% on a yearly basis in the world. Similarly, halal food is also experiencing strong growth. Halal consumers now spend \$20 billion on food each year in the United States. Strict laws and regulations governing these two types of diets outline what foods a person can and cannot eat and how to prepare them. To help understand these religious practices, each diet will be examined in greater depth.

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