

Food Customs

FOOD	JEW	SIKH	MUSLIM	HINDU	BUDDHIST
Eggs	No bloodspots	Yes	Yes	Some	Some
Milk/Yogurt	Not with meat	Yes	Not with rennet	Not with rennet	Yes
Cheese	Not with meat	Some	Some	Some	Yes
Chicken	Kosher	Some	Halal	Some	No
Mutton/Lamb	Kosher	Yes	Halal	Some	No
Beef	Kosher	No	Halal	No	No
Pork	No	Rarely	No	Rarely	No
Fish	With scales, fins and back bone, no shellfish	Some	Halal	Some	No
Nuts, Pulses, Fruit & Vegetables	Yes	Yes	Yes	Yes	Yes

Source: Multicultural Foods In Britain. Leeds Metropolitan University. Feb 1993. Teaching Pack and Video by June Copeman, Sarah Hirst, Pinki Sahota.

Reference: Department of Health and Children, Health Promotion Unit. Food and Nutrition Guidelines for Pre-School Services; 2004.

Some ethnic communities may have differing customs from those that we may be used to. The food customs may involve how they are eaten, how the foods are prepared, the combination of the foods used or when particular foods are eaten. The food customs listed above is not a comprehensive list and there may be differences in food choices between families of the same ethnic community.