



Jewish Literacy Programme Year 4 ~ Week 17

English Translation	Write each Hebrew word into script	חומש Words
to, for me	_____	לי
to, for you (masc., sing.)	_____	לך
to, for him	_____	לו
to, for her	_____	לה
to, for us	_____	לנו
to, for you (masc. pl.)	_____	לכם

English Translation / Explanation	G.K. Words
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Kosher Food (1)

A food that the Torah permits us to eat is called כָּשֵׁר, or “kosher”.

Keeping kosher is an important part of the daily life of a Jew.

Understanding kashrut is essential for running a Jewish home. // Kosher foods are divided into three categories: meat, dairy and parev. One of the basic rules of kashrut is the total separation of meat and dairy products. **Meat and dairy may not be cooked or eaten together.** To ensure this, the kosher kitchen contains separate sets of dishes, utensils, cookware, and separate preparation areas for meat and dairy. **Parev foods are neither meat nor dairy** and may therefore be eaten with either.

כָּשֵׁר
KOSHER

The category of meat includes meat, fowl (birds) and products made from them, such as bones, soup or gravy. Any food made with meat or fowl, or with meat or fowl products, is considered “meaty;” also called fleishig (Yiddish).

בָּשָׂרִי
MEATY/
FLEISHIG

All foods derived from or containing milk are considered dairy, or milchig (Yiddish). This includes milk, butter, yoghurt and all cheese – hard, soft and cream. Even a small amount of dairy in a food can cause the food to be considered dairy.

חֲלָבִי
DAIRY/
MILKY/
MILCHIG

Foods that are neither meat nor dairy are called parev. This means that they contain no meat or milk products, and have not been cooked or mixed with any meaty or milky foods. Eggs, fish, fruit, vegetables, grains and juices are all parev foods. Other parev foods include pasta, soft drinks, coffee and tea, and many types of sweets and snacks. Certain fruits, vegetables and grains must be checked for the presence of small insects and larvae. Eggs must be checked for the presence of blood spots.

פָּרֵוּה
PAREV /
PAREVE /
PARVE