

JUDAISM

Judaism also has a number of dietary laws. Food that has been prepared in a ritually acceptable way is known as 'Kosher'. For meat to be considered kosher it must have been prepared correctly, normally under rabbinical supervision. Some meat such as pork and rabbit will not be considered kosher. Meat and dairy products should not be taken at the same meal and fish without scales or fins are also non-kosher.

Obviously, the extent to which these laws are upheld will depend on the individual. However, after many centuries of dispersal from their original homeland in the Middle East most Jews staying in Scotland will feel intrinsically Scottish, and their lifestyle is likely to reflect this.

ISLAM

Muslims differentiate between food which is allowed (*halal*), and food which is forbidden (*haram*). Pork, any other part of the pig, carnivorous animals or blood are *haram*. Meat must also be slaughtered according to biblical rites by a Muslim butcher. The consumption of intoxicants is also forbidden.

SIKHISM

Sikhs do not take alcohol, tobacco or other intoxicants. Observant Sikhs, especially those who are baptised, are vegetarian. They also exclude eggs and any food containing animal derivatives.

HINDUISM

The influence of charity is apparent in the importance attached to hospitality: every pious Hindu is expected to keep some food aside for an unexpected guest and no-one should ever be turned away hungry. The reverence for life surfaces again in the concept of *ahimsa* (non-injury), one of the highest principles which encourages many Hindus to be vegetarian.