**Christianity**

**DIET/FOOD**

Christians do not have any religious restrictions on what they can eat or drink. They believe that this freedom is a result of the life and teaching of Jesus Christ.

Food and drink play a role in significant moments of Christian life. Communion, where Christians share bread and wine usually in a church service, is a moment of remembering the sacrifice made by Jesus in being crucified.

Another tradition, particularly within the Roman Catholic Church, has been to eat fish rather than meat on Fridays, especially Good Friday. It’s thought this is as a mark of respect because Jesus was crucified on a Friday.

Christianity did not develop elaborate dietary rules and customs.

**CLOTHING**

Some Christian holy days incorporate traditional clothing, such as the [Easter bonnet](https://en.wikipedia.org/wiki/Easter_bonnet). Christians clothing has, however, evolved over time.

Some Christian traditions encourage or require adherents to don clothing of religious significance during church services, such as a [headcovering](https://en.wikipedia.org/wiki/Christian_headcovering" \o "Christian headcovering). Some Catholic and non-denominational Christian women also choose to cover their heads for worship

**SYMBOL**

**Cross**, the principal symbol of the Christian religion, recalling the Crucifixion of Jesus Christ and the redeeming benefits of his Passion and death.

The cross is a sign both of Christ himself and of the faith of Christians

**BELIEF**

Christians have specific beliefs about the nature of **God**. They believe **God** is merciful and forgiving, and personal. They believe that **God** loves humans whom **God** created in his own image

Christians believe in only one God and pray to only one God. Christians do not believe in three gods. They believe that three “persons” exist in one God: God the Father, God the Son, and God the Holy Spirit, each being fully God in essence

**RITUALS**

Practices may include baptism, the Eucharist (Holy Communion or the Lord's Supper), prayer (including the Lord's Prayer), confession, confirmation, **burial** rites, marriage rites and the religious education of children.

**HINDUISM**

**DIET/FOOD**

The majority of Hindus are lacto-vegetarian (avoiding meat and eggs), although some may eat lamb, chicken or fish.

Beef is always avoided because the cow is considered a holy animal, but dairy products are eaten

Animal-derived fats such as lard and dripping are not permitted

**CLOTHING**

**Hindu** men frequently **wear** short coats (angarkha)

Women **wear** a long scarf, or robe (sari)

**SYMBOL**

**The swastika**. The word swastika means "good fortune" or "being happy" in Sanskrit, and the symbol represents good luck.

**BELIEF**

**Hindus** believe in the doctrines of samsara (the continuous cycle of life, death, and reincarnation) and karma (the universal law of cause and effect)

Hindus revere all living creatures and consider the cow a sacred animal.

One of the key thoughts of Hinduism is “atman,” or the belief in soul. This philosophy holds that living creatures have a soul, and they’re all part of the supreme soul. The goal is to achieve “moksha,” or salvation, which ends the cycle of rebirths to become part of the absolute soul.

**RITUALS**

Major types of Hindu rituals include life-cycle rituals (*saṃskāra*), especially initiation, marriage, and death and ancestor rituals; worship and prayer (*pūjā*); sacrifices, especially Vedic fire sacrifices (*yajña*, *iṣṭi*, *homa*) and blood sacrifice

**BUDDHISM**

**DIET/FOOD**

Buddhists usually follow a lacto-vegetarian diet. This means they consume dairy products but exclude eggs, poultry, **fish**, and **meat** from their diet

Other Buddhists consume **meat** and other animal products, as long as the animals aren't slaughtered specifically for them.

**CLOTHING**

There are three **types** of chivara: the inner robe (Pali: antaravasaka), made of 5 strips of **cloth**;

The outer robe (uttarasanga), made of 7 strips;

And the great robe, or cloak (samghati), made of 9, 15, or 25 strips.

In order to avoid the primary colours, **Buddhist robes** are of mixed colours, such as orange or brown.

**SYMBOL**

There are 8 symbols.

1. Parasol: has its roots serving as an Indian symbol of royalty and protection
2. Conch Shell:  it represents the Buddha's teachings and the fearlessness of sharing ideas to others
3. Treasure Vase: Is mostly used as a symbol of certain wealth deities, but also represents the endless quality of the Buddha's teachings.
4. Victory Banner: represents the triumphs of the Buddha over the four maras, or the hindrances on the path to enlightenment.
5. Dharma Wheel: began as Indian symbol for sovereignty, power, and protection.
6. Golden fish: began as a representation of the two great rivers of India, the Ganges and the Yamuna.
7. endless knot: serves as a symbol of the Buddha's endless wisdom and compassion in addition to eternal harmony.
8. lotus flower: symbol of purity and renunciation

**BELIEF**

**Buddhists believe** that the human life is one of suffering, and that meditation, spiritual and physical labor, and good behavior are the ways to achieve enlightenment

Buddhists believe that nothing is fixed or permanent and that change is always possible. The path to **Enlightenment** is through the practice and development of morality, meditation and **wisdom**.

Buddhists believe that life is both endless and subject to **impermanence**, suffering and uncertainty.

**RITUALS**

* Meditation - Mental concentration and mindfulness.
* Mantras - Sacred sounds.

**ISLAMIE**

**DIET/FOOD**

By Islamic law, all foods are considered halal, or lawful, except for pork and its by-products, animals improperly slaughtered or dead before slaughtering, animals slaughtered in the name of anyone but Allah (God), carnivorous animals, birds of prey, animals without external ears (some birds and reptiles), blood, alcohol, and foods contaminated with any of these. All seafood is halal.

**CLOTHING**

**hijab** is a religious veil worn by women in the presence of any male outside of their immediate family, which usually covers the head and chest.

Thobe is a long robe worn by Muslim men. The top is usually tailored like a shirt, but it is ankle-length and loose. It is usually white, but may also be found in other colors, especially in winter. Depending on the country of origin

**SYMBOL**

**Crescent and Star:** The faith of Islam is symbolized by the Crescent and Star. The Crescent is the early phase of the moon and represents progress. The star signifies illumination with the light of knowledge.

**BELIEF**

**Prayer (salat).** Muslims pray facing Mecca five times a day: at dawn, noon, mid-afternoon, sunset, and after dark. Prayer includes a recitation of the opening chapter ([sura](https://www.metmuseum.org/learn/for-educators/publications-for-educators/art-of-the-islamic-world/resources/glossary#sura)) of the Qur'an, and is sometimes performed on a small rug or mat used expressly for this purpose. Muslims can pray individually at any location or together in a mosque, where a leader in prayer ([imam](https://www.metmuseum.org/learn/for-educators/publications-for-educators/art-of-the-islamic-world/resources/glossary#imam)) guides the congregation. Men gather in the mosque for the noonday prayer on Friday; women are welcome but not obliged to participate. After the prayer, a sermon focuses on a passage from the Qur'an, followed by prayers by the imam and a discussion of a particular religious topic.

**Fasting (sawm).** During the daylight hours of [Ramadan](https://www.metmuseum.org/learn/for-educators/publications-for-educators/art-of-the-islamic-world/resources/glossary#ramadan), the ninth month of the Islamic calendar, all healthy adults are required to abstain from food and drink. Through this temporary deprivation, they renew their awareness of and gratitude for everything God has provided in their lives—including the Qur'an, which was first revealed during this month. During Ramadan they share the hunger and thirst of the needy as a reminder of the religious duty to help those less fortunate.

**Alms (zakat).** In accordance with Islamic law, they donate a fixed portion of their income to community members in need. Many rulers and wealthy Muslims build mosques, drinking fountains, hospitals, schools, and other institutions both as a religious duty and to secure the blessings associated with charity.

**RITUALS**

[Salat](https://en.wikipedia.org/wiki/Salat), the service that takes place five times a day

**JUDAISM**

**DIET/FOOD**

**pork** and **shellfish**, are forbidden; **meat** and **dairy** may not be combined and **meat** must be ritually slaughtered and salted to remove all traces of blood

**CLOTHING**

Married observant Jewish women wear a scarf [snood](https://en.wikipedia.org/wiki/Snood_(headgear)), hat, beret, or sometimes a wig ([sheitel](https://en.wikipedia.org/wiki/Sheitel)) in order to conform with the requirement of [Jewish religious law](https://en.wikipedia.org/wiki/Halakha) that married women [cover their hair](https://en.wikipedia.org/wiki/Tzniut#Hair_covering).

 A kippah or yarmulke (also called a kappel or skull cap) is a thin, slightly-rounded skullcap traditionally worn at all times by Orthodox **Jewish** men, and sometimes by both men and women in Conservative and Reform communities. Its use is associated with demonstrating respect and reverence for God.

**SYMBOL**

**Star** of David, Hebrew Magen David (“Shield of David”), Magen also spelled Mogen, Jewish symbol composed of two overlaid equilateral triangles that form a six-pointed **star**. It appears on synagogues, Jewish tombstones, and the flag of the State of Israel.

**BELIEF**

The main teachings of Judaism are about God, that there is only one God and that god is [Yahweh](https://simple.wikipedia.org/wiki/Yahweh). Only God [created](https://simple.wikipedia.org/wiki/Creating) the [universe](https://simple.wikipedia.org/wiki/Universe) and only He [controls](https://simple.wiktionary.org/wiki/control) it. Judaism also teaches that God is [spiritual](https://simple.wiktionary.org/wiki/spirit) and not [physical](https://simple.wiktionary.org/wiki/physical).

**RITUALS**

Washing hands: According to [halakha](https://en.wikipedia.org/wiki/Halakha) or custom, the hands are washed on a number of occasions. These include before and after eating a meal with bread; upon awaking in the morning; after using the toilet; before eating [karpas](https://en.wikipedia.org/wiki/Karpas) in the [Passover seder](https://en.wikipedia.org/wiki/Passover_seder); and before prayer.

**BAHAI FAITH**

**DIET/FOOD**

Bahá'í teachings permit eating all **foods**. There is nothing in the Bahá'í teachings about whether people should eat their **food** cooked or raw, nor is it forbidden to eat meat.

**CLOTHING**

At the bahai temple Modest shorts and a T shirt are fine; no swimwear or bare feet.

**SYMBOL**

**BELIEF**

A primary theme of Baha'u'llah's teachings is achieving world peace through the establishment of unity, justice and equality.

**RITUALS**

Obligatory daily prayers. Reciting the prayer for the dead at a **funeral**.

**AFRICAN RELIGION (XHOSA)**

**DIET/FOOD**

Iinkobe, peeled off fresh maize grains, and boiled until cooked. It is eaten as a snack, preferably with salt.

Umleqwa, a dish made with free-range chicken.

Umngqusho, a dish made from white maize and sugar beans, a staple **food** for the **Xhosa** people.

**CLOTHING**

**Xhosa** men usually wear a covering in the front and a short cloak from animal skin over the shoulders.

**Xhosa** boys whiten their bodies and wear a blanket or sheepskin to ward off evil. .

**SYMBOL**

**BELIEF**

In Xhosa tradition the ancestors act as intermediaries between the living and **God**; they are honoured in rituals in order to bring good fortune.

**RITUALS**

**Imbeleko** is a ceremony that is conducted on the 10th day after the baby is born, or later. This is an act of detaching the umbilical connection from the mother and introducing the child to the ancestors.