

Food

Religion



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Jewish people mark notable occasions from time to time, and the celebrations include eating and drinking. The Jewish are supposed to eat healthy food because they are urged to protect their body. The food taken after circumcision is referred to as se'udat mitzvah. It is among the historic Jewish occasions. The ceremony is observed to encourage close family to stick together and also integrate members of the community. Though brit Milah has no mandated foods and drinks, many Jewish families and groups practice traditions of dining foods. Many Jewish families practice a brit Milah of Chickpeas, as well as, nuts because they symbolize birth and existence cycles. Moreover, the taking of the red wine is used as a remembrance of the blood spilled during Pesach offering (Strassfeld, 2006). This is an offering conducted while a child is being circumcised. The festive are fancy and enjoyable and people drink wine four times to remain awake throughout the celebration.

The Passover, just like brit Milah is celebrated with foods that have significant meaning to the Jewish faith. The festival last for a period of eight days and elderly people tell the story of the Passover to the younger generation. The food taken during this time include wine, hard boiled eggs, apple, bitter herbs, sweet potatoes and carrots and each has a special significance. Boiled egg symbolizes the end and beginning of a fresh year since the last Passover. The unleavened bread symbolizes hastiness a term synonymous with slavery and redemption. During Passover the Jewish prepare green vegetables which are taken raw or cooked to symbolize bitter herbs. The bitter herb arouses the unusualness and curiosity of children, as well as, remind of difficult and sad event in the history of the Jew (Strassfeld, 2006).

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Reference

Strassfeld, M. (2006). *A Book of Life: Embracing Judaism As A Spiritual Practice*. Vermont. Jewish Lights Publishing. Print.