



Food

Qur'an

The Bee 16:65-69

65 It is God who sends water down from the sky and with it revives the earth when it is dead. There truly is a sign in this for people who listen. 66 In livestock, too, you have a lesson— We give you a drink from the contents of their bellies, between waste matter and blood, pure milk, sweet to the drinker. 67 From the fruits of date palms and grapes you take sweet juice and wholesome provisions. There truly is a sign in this for people who use their reason. 68 And your Lord inspired the bee, saying, “Build yourselves houses in the mountains and trees and what people construct.” 69 “Then feed on all kinds of fruit and follow the ways made easy for you by your Lord.” From their bellies comes a drink of different colours in which there is healing for people. There truly is a sign in this for those who think.

English translation: Abdel Haleem

وَاللَّهُ أَنْزَلَ مِنَ السَّمَاءِ مَاءً فَأَحْيَا بِهِ الْأَرْضَ بَعْدَ مَوْتِهَا
إِنَّ فِي ذَلِكَ لَآيَةً لِّقَوْمٍ يَسْمَعُونَ ﴿٦٥﴾ وَإِنَّ لَكُمْ فِي
الْأَنْعَامِ لَعِبْرَةً ۗ نُسْقِيكُمْ مِمَّا فِي بُطُونِهِمْ مِنْ بَيْنِ فَرْثٍ
وَدَمٍ لَبَنًا خَالِصًا سَائِغًا لِلشَّارِبِينَ ﴿٦٦﴾ وَمِنْ ثَمَرَاتِ
النَّخِيلِ وَالْأَعْنَابِ تُتَّخَذُونَ مِنْهُ سَكَرًا وَرِزْقًا حَسَنًا
إِنَّ فِي ذَلِكَ لَآيَةً لِّقَوْمٍ يَعْقِلُونَ ﴿٦٧﴾ وَأَوْحَىٰ رَبُّكَ إِلَى
النَّحْلِ أَنْ اتَّخِذِي مِنَ الْجِبَالِ بُيُوتًا وَمِنَ الشَّجَرِ وَمِمَّا
يَعْرِشُونَ ﴿٦٨﴾ ثُمَّ كُلِي مِنْ كُلِّ الثَّمَرَاتِ فَاسْلُكِي سُبُلَ
رَبِّكَ ذُلُلًا ۗ تَخْرُجُ مِنْ بُطُونِهَا شَرَابٌ مُخْتَلِفٌ أَلْوَانُهُ فِيهِ
شِفَاءٌ لِلنَّاسِ ۗ إِنَّ فِي ذَلِكَ لَآيَةً لِّقَوْمٍ يَتَفَكَّرُونَ ﴿٦٩﴾



Food

New Testament

1 Corinthians 8:8-13

⁸“Food will not bring us close to God.” We are no worse off if we do not eat, and no better off if we do. ⁹But take care that this liberty of yours does not somehow become a stumbling block to the weak. ¹⁰For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? ¹¹So by your knowledge those weak believers for whom Christ died are destroyed. ¹²But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. ¹³Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

⁸βρῶμα δὲ ἡμᾶς οὐ παραστήσει τῷ θεῷ: οὔτε ἂν μὴ φάγωμεν ὑστερούμεθα, οὔτε ἂν φάγωμεν περισσεύομεν. ⁹βλέπετε δὲ μή πως ἡ ἐξουσία ὑμῶν αὕτη πρόσκομμα γένηται τοῖς ἀσθενέσιν. ¹⁰ἂν γὰρ τις ἴδῃ σὲ τὸν ἔχοντα γνῶσιν ἐν εἰδωλείῳ κατακείμενον, οὐχὶ ἡ συνείδησις αὐτοῦ ἀσθενοῦς ὄντος οἰκοδομηθήσεται εἰς τὸ τὰ εἰδωλόθута ἐσθίειν; ¹¹ἀπόλλυται γὰρ ὁ ἀσθενῶν ἐν τῇ σῆ γνώσει, ὁ ἀδελφὸς δι' ὃν Χριστὸς ἀπέθανεν. ¹²οὕτως δὲ ἁμαρτάνοντες εἰς τοὺς ἀδελφούς καὶ τύπτοντες αὐτῶν τὴν συνείδησιν ἀσθενοῦσαν εἰς Χριστὸν ἁμαρτάνετε. ¹³διόπερ εἰ βρῶμα σκανδαλίζει τὸν ἀδελφόν μου, οὐ μὴ φάγω κρέα εἰς τὸν αἰῶνα, ἵνα μὴ τὸν ἀδελφόν μου σκανδαλίσω.

English translation: NRSV



Food

Hebrew Bible

Genesis 9:1-7

1 God blessed Noah and his sons, and He said to them: "Be fruitful and multiply and fill the earth. 2 Your awe and your dread shall be upon all the beasts of the earth, upon all the flying creatures of the heaven, upon everything that moves upon the ground and upon all the fish of the sea – they have been given into your hand.

3 Every moving thing that lives shall be for you to eat – like the green vegetation, I have given you everything. 4 But, flesh with its soul: its blood, you shall not eat.

5 But your blood, of your souls, I will demand [an account]; from the hand of every beast I will demand it, and from the hand of man; from the hand of each man, his brother, I will demand the soul of man.

6 Whoever sheds the blood of man through man shall his blood be shed, for in the image of God He made man. 7 And you, be fruitful and multiply; swarm upon the earth and multiply in it."

English translation: Chabad, revised by
Rabbi Dr Harvey Belovski

א וַיְבָרֶךְ אֱלֹהִים, אֶת-נֹחַ וְאֶת-בָּנָיו;
וַיֹּאמֶר לָהֶם פְּרוּ וּרְבוּ, וּמְלֵאוּ אֶת-
הָאָרֶץ.

ב וּמוֹרְאֵכֶם וְחִתְּכֶם, יִהְיֶה, עַל כָּל-
חַיַּת הָאָרֶץ, וְעַל כָּל-עוֹף הַשָּׁמַיִם;
כָּל אֲשֶׁר תִּרְמַשׁ הָאֲדָמָה וּבְכָל-דְּגַי
הַיָּם, בְּיַדְכֶם נִתְּנוּ.

ג כָּל-רֶמֶשׂ אֲשֶׁר הוּא-חַי, לָכֶם יִהְיֶה
לְאֹכְלָהּ: כִּי־רֶק עֵשָׂב, נִתְּתִי לָכֶם
אֶת-כָּל.

ד אֶד-בְּשָׂר, בִּנְפֹשׁוֹ דָמוֹ לֹא תֹאכְלוּ.
ה וְאִף אֶת-דַּמְּכֶם לִנְפְשֹׁתֵיכֶם אֲדַרְשׁ,
מִיָּד כָּל-חַיָּה אֲדַרְשְׁנוּ; וּמִיָּד הָאָדָם,
מִיָּד אִישׁ אָחִיו אֲדַרְשׁ, אֶת-נַפְשׁ
הָאָדָם.

ו שִׁפְךָ דַם הָאָדָם, בְּאָדָם דָּמוֹ יִשְׁפֹּךְ:
כִּי בַצֶּלֶם אֱלֹהִים, עָשָׂה אֶת-הָאָדָם.

ז וְאַתֶּם, פְּרוּ וּרְבוּ; שֶׂרְצוּ בָאָרֶץ,
וּרְבוּ-בָהּ.