



## 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 لِقَوْمٍ يَسْمَعُونَ ﴿٦٥﴾ وَإِنَّ لَكُمْ فِي  
الْأَنْعَامِ لَعِبْرَةً نُسْقِيكُمْ مِمَّا فِي بُطُونِهِمْ مِنْ بَيْنِ فَرْثٍ  
وَدَمٍ لَبَنًا خَالِصًا سَائِغًا لِلشَّارِبِينَ ﴿٦٦﴾ وَمِنْ ثَمَرَاتِ  
النَّخِيلِ وَالْأَعْنَابِ تَتَّخِذُونَ مِنْهُ سَكَرًا وَرِزْقًا حَسَنًا  
إِنَّ فِي ذَلِكَ لَآيَةً لِقَوْمٍ يَعْقِلُونَ ﴿٦٧﴾ وَأَوْحَى رَبُّكَ إِلَى  
النَّحْلِ أَنْ اتَّخِذِي مِنَ الْجِبَالِ بُيُوتًا وَمِنَ الشَّجَرِ وَمِمَّا  
يَعْرِشُونَ ﴿٦٨﴾ ثُمَّ كُلِي مِنْ كُلِّ الثَّمَرَاتِ فَاسْلُكِي سُبُلَ  
رَبِّكَ ذُلُلًا ﴿٦٩﴾ تَخْرُجُ مِنْ بُطُونِهَا شَرَابٌ مُخْتَلِفٌ أَلْوَانُهُ فِيهِ  
شِفَاءٌ لِلنَّاسِ إِنَّ فِي ذَلِكَ لَآيَةً لِقَوْمٍ يَتَفَكَّرُونَ ﴿٧٠﴾



## Food

### New Testament

#### 1 Corinthians 8:8-13

<sup>8</sup>“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. <sup>9</sup>But take care that this liberty of yours does not somehow become a stumbling block to the weak. <sup>10</sup>For 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? <sup>11</sup>So by your knowledge those weak believers for whom Christ died are destroyed. <sup>12</sup>But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. <sup>13</sup>Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

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

#### Leviticus 11 41-47

41 All the things that swarm upon the earth are an abomination; they shall not be eaten. 42 You shall not eat, among all things that swarm upon the earth, anything that crawls on its belly, or anything that walks on fours, or anything that has many legs; for they are an abomination. 43 You shall not draw abomination upon yourselves through anything that swarms; you shall not make yourselves unclean herewith and thus become unclean. 44 For I the Lord am your God: you shall sanctify yourselves and be holy, for I am holy. You shall not make yourselves unclean through any swarming thing that moves upon the earth. 45 For I the Lord am He who brought you up from the land of Egypt to be your God: you shall be holy, for I am holy. 46 These are the instructions concerning animals, birds, all living creatures that move in water, and all creatures that swarm upon the earth, 47 for distinguishing between the living things that may be eaten and the living things that may not be eaten.

English translation: JPS 1985

מֵא וְכָל הַשָּׂרֵץ הַשָּׂרֵץ עַל הָאָרֶץ שֶׁקֶץ הוּא לֹא יֵאָכֵל מִבּ פֶּל הוֹלֵךְ עַל גַּחֲזוֹן וְכָל הוֹלֵךְ עַל אַרְבַּע עַד כָּל מְרֻבָּה רַגְלִים לְכָל הַשָּׂרֵץ הַשָּׂרֵץ עַל הָאָרֶץ לֹא תֹאכְלוּם כִּי שֶׁקֶץ הֵם מִגַּ אֶל תִּשְׁקָצוּ אֶת נַפְשֹׁתֵיכֶם בְּכָל הַשָּׂרֵץ הַשָּׂרֵץ וְלֹא תִטְמְאוּ בָהֶם וְנִטְמַתֶּם בָּם מִדּ כִּי אָנִי ה' אֱלֹקִים וְהִתְקַדְּשִׁתֶם וְהִיִּיתֶם קְדוֹשִׁים כִּי קְדוֹשׁ אָנִי וְלֹא תִטְמְאוּ אֶת נַפְשֹׁתֵיכֶם, בְּכָל הַשָּׂרֵץ הָרֹמֵשׁ עַל הָאָרֶץ. מֵה כִּי אָנִי ה' הַמַּעֲלֶה אֶתְכֶם מֵאֶרֶץ מִצְרַיִם לְהִיִּית לָכֶם לֵאלֹהִים וְהִיִּיתֶם קְדוֹשִׁים כִּי קְדוֹשׁ אָנִי. מוּ זֹאת תּוֹרַת הַבְּהֵמָה וְהָעוֹף וְכָל נֶפֶשׁ הַחַיָּה הָרֹמֵשׁת בַּמַּיִם וְלִכְל נֶפֶשׁ הַשָּׂרֵץ עַל הָאָרֶץ. מז לְהַבְדִּיל בֵּין הַטְּמֵא וּבֵין הַטָּהוֹר וּבֵין הַחַיָּה הַנֹּאֲכָלֶת וּבֵין הַחַיָּה אֲשֶׁר לֹא תֹאכֵל. {פ}