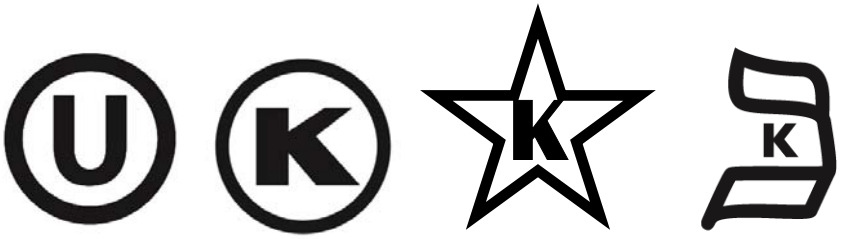
Hlth 2 Health and Wellness
Reading Kosher Food and Medicine Labels: Group Exercise (GP 6)

Name _____

BACKGROUND: Below are common symbols of kosher foods and are numbered 1, 2, 3, and 4. Kosher foods are divided into Pareve (neutral), Dairy (dairy products), Meat (animal products), Glatt (meat, no lung adhesions), Passover (kosher for Passover), and Fish (bony fish only, no shellfish, shark/rays, flatfish, bottom feeding fish). The most common is symbol is OU (#1 below). For this assignment, find at least one of the following: pareve, dairy, and Passover. Try to find OU-M, OU-Glatt, and OU-F.

The kosher food label symbols below are: OU (#1), OK (#2), Star-K (#3), and Kof-K (#4). A "D" letter next to any of the symbols below means the food or medicine contains a dairy product. The symbol alone with no "D" means the food/medicine is pareve, or neutral. The food/medicine can be eaten or taken with either a dairy or meat meal.



1 **2** **3** **4**

Example:

OU is the most common kosher food symbol you'll see in the supermarket.
OU means pareve (neutral and can be eaten with meat or dairy)
OU-D means kosher, dairy
OU-M means kosher, meat
OU-Glatt means kosher, meat, glatt kosher (no lung adhesions)
OU-P means kosher for passover
OU-F means kosher, fish (this is rare)

INSTRUCTIONS:
1. Examine the food labels provided to you in group. Record the food label, symbol, and kosher category as show in the example below.
2. Take this worksheet home. Go to the supermarket, look at regular processed foods and over-the-counter medicines you recognize, and check their labels for kosher symbols. Hand in this worksheet during the next class period. Present to the class what you found.

Food/Medicine Name (Complete)	Kosher Symbol #	Kosher Category*
Yamamoto Yama Green Tea (EXAMPLE)	**4**	**Pareve**

Food/Medicine Name (Complete)	Kosher Symbol #	Kosher Category*

* Kosher Categories: Pareve (neutral), Dairy, Meat