RASTARFARIAN and FOOD

Select the correct answer from the drop-down box.



Rastafarian religion can be traced back to the early 20th century in **Jamaica**, which was then a British colony. The religion grew from the impoverished black community in Jamaica, who were inspired by earlier ideas and movements from Ethiopia.

LIVEWORKSHEETS

Due to their religion they strongly believe in eating **Ital food**. "Ital" food means **natural**, **pure**, and **clean food**. Therefore they do not eat _____, because they are considered _____. _____ is also not used in their meals, because it may cause high **blood pressure**, **weight gain** and **stroke**. They also refused to eat _____ foods, since they are the leading cause of cancer among people.

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