

# 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.

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.