

# Five Foods of the Seder Plate

Seder plate consists of five foods:

## Shank Bone

Shank bone, meat, or a neck represents the *Passover* lamb offering.

**NOTE** Any part of any kosher animal or bird may be used for this purpose except liver. You may even use roasted lamb, but you may not eat it.

## Egg

Egg represents the holiday offering (chagiga).

## Bitter Herbs

Bitter herbs (maror), such as romaine, horseradish, or endive, represent the bitterness of slavery.

## Charoset

Charoset (sweet mixture of nuts and fruits) reminds us of the mortar the Jews used to build the Egyptian storage cities.

## Vegetable

Vegetable such as parsley or potato (karpas). The vegetable does not represent anything and is there to motivate the children to ask questions.