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.

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