

11. What does Pope Shenouda say regarding food substitution? (Ex. Soy cheese vs regular cheese)

12. What types of food should we eat?

13. When did man start eating meat?

14. What is manna?

15. When did God give consent to eat meat? What is **Kibroth Hattaavah**?

16. Provide Biblical examples of those who fast in the Old Testament?

17. Explain the characteristics of carnivores vs herbivores.