

Taboos in Ukrainian Food. Religious and Ethnic Peculiarities

Lidija F. Artukh

(Summary)

This article is devoted to the very important and archaic element of the traditional Ukrainian system of nutrition – the prohibitions. The prohibitions can be divided into three categories: prohibitions on *objects*; prohibitions on *actions* with foodstuffs, courses, kitchen equipment, etc. and *time* prohibitions. The author explores two of the prohibitions on objects: the custom ban on the use of horseflesh and the ban on animal blood. These prohibitions come from ancient times. They are connected with the acceptance of Christianity on Russ. In this article the author demonstrates the opposition: *acquaintance/stranger, Christian/pagan*.