Amblecote Primary School—Knowledge Organisers

Phase: 3/4 **Subject:** RE Food & Fasting Term: Autumn 1 Focus:



What I should already know?

To know why food is important and how food is used in my own life- celebrations and or special events.

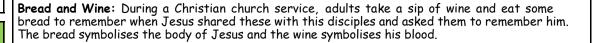
Some knowledge of different religions and the role food plays in them.

	<u>Vocabulary</u>	
sustenance	The food and drink that keeps us alive.	
community	A group of people that live in the same place or have interests or beliefs in common.	
kosher	Food that meets the requirements of Jewish rules and can be eaten.	
Jews	People who follow the religion or Judaism.	
poultry	Flesh from birds such as: chicken, duck, goose and turkey. Some kinds of poultry are kosher.	
parve	Fruit, vegetables, honey and grains are considered ko- sher. They are called parve foods. These can be eaten with either dairy or meat.	
abstain	To stop doing something.	
sacrifice	To give up something important to you, for the sake of something or someone else.	
fast	Not eating or drinking for a particular length of time.	
Islam	One of the main world religions. Followers or Islam are Muslims.	
Sawm	This is fasting. Sawm is one of the five pillars of Islam	
Ramadan	The holiest month in the Islamic calendar.	
Diwali	The Hindu festival of lights.	

Knowledge

Jews believe the laws of kosher come from God. The laws say Jewish people must eat kosher food. Dairy and eggs are kosher if they come from a kosher animal. Meat and dairy must be eaten separately. Kosher foods must be prepared in a particular way.

Kosher food: beef, poultry, fish (with fins and scales), Lamb Non-Kosher food: Pork and shellfish.



Shabbat: Jews eat a Shabbat meal on Fridays. Challah bread is eaten, candles are lit, songs are sung and special words recited.

The Seder Plate: The Seder plate, during the Jewish festival of Passover, contains special foods that symbolise different parts of the Passover story.

Lent: Lent is a time when many Christians abstain from eating particular foods. Lent lasts for around six weeks and leads up to Easter. Christians do this to remember Jesus' sacrifice.

Ramadan: During Ramadan, Muslims fast during daylight hours. Before sunrise, Muslims get up and share a meal (suhoor) with family and friends. After sunset, they share a special iftar meal. Pregnant women, young children or people who are unwell are not expected to fast.

Diwali: One of the most important Hindu festivals, During Diwali, special food is eaten, Hindu women often meet to make sweets, which are then given as gifts.

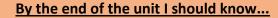






Why do people fast?

People fast because it makes them feel closer to their god or gods. It allows them to focus on other things such as praying. Fasting brings communities together.



To identify food used for different reasons. To identify foods which would be kosher or non-

To explain why Jewish believers follow the laws of kosher.

I know what lent is and can explain key facts about it. I can discuss different reasons why religious believers might abstain from food.

I can explain what Ramadan is and why people fast.

I can explain special foods for Diwali

To know how food is used for meaning within Religions.

Question 1: How is food used for different reasons?		Question 5 What is Ramadan?	
Start of unit		Start of unit	
End of Unit		End of Unit	
<u>Don't know</u>		Don't know	
Question 2. Why do Jewish believers follow the rules of kosher?	Question 6 V	/rite an example of a special food for Diwali.	
Start of unit	Start of unit		
End of Unit	End of Unit		
Don't know	Don't know		
Question 3. What is lent?		What I would like to find out?	
<u>Start of unit</u>			
Start of unit End of Unit			
End of Unit			
		Answers to my questions	
On't know Question 4. What is the definition of abstain and fasting?		Answers to my questions	
End of Unit Don't know		Answers to my questions	