

Phase: 3/4

Subject: RE

Focus: Food & Fasting

Term: Autumn 1

**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.

**Vocabulary**

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

**Bread and Wine:** During a Christian church service, adults take a sip of wine and eat some bread to remember when Jesus shared these with his disciples and asked them to remember him. The bread symbolises the body of Jesus and the wine symbolises his blood.

**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.



**By the end of the unit I should know...**

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

<u>Question 1:</u> How is food used for different reasons?
<u>Start of unit</u>
<u>End of Unit</u>
<u>Don't know</u>



<u>Question 5</u> What is Ramadan?
<u>Start of unit</u>
<u>End of Unit</u>
<u>Don't know</u>

<u>Question 2.</u> Why do Jewish believers follow the rules of kosher?
<u>Start of unit</u>
<u>End of Unit</u>
<u>Don't know</u>

<u>Question 6</u> Write an example of a special food for Diwali.
<u>Start of unit</u>
<u>End of Unit</u>
<u>Don't know</u>

<u>Question 3.</u> What is lent?
<u>Start of unit</u>
<u>End of Unit</u>
<u>Don't know</u>

<b><u>What I would like to find out?</u></b>

<u>Question 4.</u> What is the definition of abstain and fasting?
<u>Start of unit</u>
<u>End of Unit</u>
<u>Don't know</u>

<b><u>Answers to my questions...</u></b>