

Topic:	Phase: LKS2	Strand: RE –										
<p>What should I already know?</p> <ul style="list-style-type: none"> • talk about food used for different purposes, such as celebration or remembrance • begin to discuss the role of food in different religions and communities • share at least one key fact about Islam • know what Ramadan is and what Muslims do during it 	<p>At the end of the unit, I will be able to:</p> <ul style="list-style-type: none"> • identify food used for different reasons • identify foods that would be kosher or not kosher and explain what kosher means • know that following food rules can be a spiritual act for a religious believer • talk about when they gave something up for a special reason • know what Lent is and understand what it means to ‘abstain’ from something • explain what sacrifice is • find an alternative to writing or speaking to demonstrate an idea • discuss at least one reason why religious believers might abstain from food • give at least one example of food eaten at an iftar meal • discuss at least one reason why people fast • share with others an example of a food that helps them celebrate • explain at least one key fact about Diwali • name at least one special food for Diwali • talk about at least one reason why and how food is used for celebrations; of abstaining and fasting • apply the features of religious food rules and uses to plan an event 	<p>We are MANOR! As learners we will ...</p> <table border="1"> <tr> <td data-bbox="1510 386 1753 576">Manners</td> <td data-bbox="1763 386 2471 576">Develop a respect and understanding for the views and opinions of other people and share ideas about our own ideas and thoughts in a respectful manner. We will celebrate good work, value others’ contributions, and discuss and debate opinions.</td> </tr> <tr> <td data-bbox="1510 582 1753 822">Aspiration</td> <td data-bbox="1763 582 2471 822">Learn by being challenged in a series of well-designed and interesting activities designed to deepen our understanding of the world and broaden our horizons. We will be aspirational in developing knowledge and conceptual understanding through practical activities and discussions.</td> </tr> <tr> <td data-bbox="1510 828 1753 1033">Nurture</td> <td data-bbox="1763 828 2471 1033">To recognise that we live in a wonderful world made up of many different people and ways of living. We will develop an appreciation and respect for the diverse world and environment in which we live, showing care and compassion for the people and beliefs around us.</td> </tr> <tr> <td data-bbox="1510 1039 1753 1216">Open-Mindedness</td> <td data-bbox="1763 1039 2471 1216">We will be open-minded so that we can learn more about others and the way in which they live their lives. We will listen respectfully to each other and not laugh at or make fun of what other people say.</td> </tr> <tr> <td data-bbox="1510 1222 1753 1390">Resilience</td> <td data-bbox="1763 1222 2471 1390">Engage confidently with the RE curriculum and learn that anything is possible and failure is not something to fear but to learn from. We will support each other to learn new things and share what we know so that we might help others.</td> </tr> </table>	Manners	Develop a respect and understanding for the views and opinions of other people and share ideas about our own ideas and thoughts in a respectful manner. We will celebrate good work, value others’ contributions, and discuss and debate opinions.	Aspiration	Learn by being challenged in a series of well-designed and interesting activities designed to deepen our understanding of the world and broaden our horizons. We will be aspirational in developing knowledge and conceptual understanding through practical activities and discussions.	Nurture	To recognise that we live in a wonderful world made up of many different people and ways of living. We will develop an appreciation and respect for the diverse world and environment in which we live, showing care and compassion for the people and beliefs around us.	Open-Mindedness	We will be open-minded so that we can learn more about others and the way in which they live their lives. We will listen respectfully to each other and not laugh at or make fun of what other people say.	Resilience	Engage confidently with the RE curriculum and learn that anything is possible and failure is not something to fear but to learn from. We will support each other to learn new things and share what we know so that we might help others.
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<p>Key Information</p> <p>In this unit about food and fasting, children will explore the role food plays within religions. They will discuss how food is used in everyday life, before looking at examples of its use within specific religions. Children will learn about food rules within Judaism, how abstaining from food can be a religious act with reference to the Christian festival of Lent, and will consider how and why religious believers fast through looking at the Muslim festival of Ramadan. Children will then discuss how food is also used within religions for celebrations, before applying all they have learnt to plan a celebratory feast event.</p>												

Kosher Food

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. Many Jewish people have separate kitchens in which they prepare their meat and dairy dishes so that they can keep kosher rules.



Kosher Food

Beef
Poultry
Fish (with fins and scales)

Non-Kosher

Lamb
Pork
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 are recited.

Dates

When a Muslim baby is born, date juice is rubbed on their gums, so that the first experience the baby has is a sweet one.

Christ in the Wilderness

Lent is a time of preparation for Easter, when Christians think especially about Jesus' death and how it brings them forgiveness for the wrong things they've done – their sins. It is a time when Christians reflect on their faith and think about their relationships with God and Jesus. Below is a painting called 'Christ in the Wilderness', by Ivan Kramskoy. It represents the time when Jesus spent 40 days and 40 nights in the desert before His crucifixion. Whilst there, he was sustained (kept alive) by the love and spirit of God, and was tempted to turn away from God by Satan. We will be learning about this piece of art in class, but take some time before we talk about it to think about what how it makes you feel.



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. In other faiths, food is used to help celebrate special occasions.

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

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 is 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.

Vocabulary

Preparation	the act of getting something ready.
Reflection	the process of deep or serious thinking.
Temptation	the desire to do something, especially something wrong or unwise.
Forgiveness	the action or process of forgiving or being forgiven - letting go of grudges and bitterness.
Fasting	to eat very little or no food for religious or political reasons.
Self-denial	the refusal to gratify or indulge one's own needs or desires.
Repentance	the feeling of sorrow or deep regret for something done in the past.
Commitment	a pledge or obligation to fulfil an act or function.

Commitment - Lent Quiz

- 1). What is kosher?
- 2). Where did Jesus spend 40 days and 40 nights before His crucifixion?
- 3). True or false, when a Muslim baby is born, it had grape juice rubbed on it's lips.
- 4). How long does Lent last for?
- 5). What does the word 'repentance' mean?