

Year 4 Spring 2 RE - Food

Key Words

Fasting – when people go for a period of time without eating.

Ramadam – the ninth month in the Islamic calendar.

Hanukkah – a Jewish festival

Seder – a meal eaten by Jews during Passover.

Judaism

Jews believe that food is either kosher (safe to eat) or trefa (forbidden).

Jews are not allowed to eat meat and dairy in the same meal, so they couldn't eat a cheeseburger.

They celebrate the Passover with a meal on a seder plate.

Muslims

In Islam, food is categorised into food that can be eaten (halal) and foods that cannot be eaten (haram). Haram foods include pork, alcohol and foods containing animal extracts, such as gelatine.

Muslims are allowed to eat some meat if it has been killed in specific way. They fast during Ramadam.

Food and religion

There are many rules surrounding foods in different religions.

Some religions such as Islam and Judaism give rules about what can be eaten, which prevents them from eating unclean food.



Christianity

Christians believe that God gave animals and plants to humans for them to enjoy. They eat and drink sensibly. Catholics (a type of Christian) only eat fish on Fridays, not meat.

They can fast at Easter.

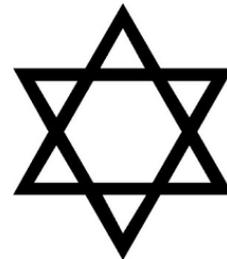


Fasting

Christians and Hindus sometimes fast (go without food) during certain religious festivals, or to focus on their spirit.

For Muslims and Jews, fasting is a requirement that they **must** do.

Food is a large part of many religious festivals such as Eid al-Fitr, Hanukkah, Harvest, Rosh Hashanah and Diwali.



Buddhism

Buddhists believe that all life is sacred, so they only eat only natural food of the Earth.

Hinduism

Cows are sacred and holy animals to Hindus, so they are not permitted to eat beef, but they can choose whether or not they eat only vegetarian food.

Sikhism

Sikhs only serve lacto-vegetarian food (no meat or eggs, just vegetable and dairy products) at the Gurdwara. They can eat meat elsewhere but it must be killed in a certain way.