

Alder Coppice Primary School — Knowledge Organiser

Religious Education

Year: 3

Unit 3:

How is food and fasting important across religions?

Links to: Year 1 Unit 2: Gifts and Giving, Unit 4: Happy and Sad
Year 2 Unit 1: How can we care for others? Unit 2: What is the festival of lights? (Diwali)

What I Should Already Know:

To describe their own experience involved in celebrations or special events, such as family or birthday meals.

Christmas is a Christian celebration, where special foods are given and received.

Langar is community kitchen in a Sikh Gurdwara where free meals are served to all visitors.

Hindus celebrate Diwali with people sending cards, sharing special food and lighting divas.

Unit Specific Vocabulary:

Kosher: Jews, who follow the religion of Judaism, have special food rules; these are called the laws of kosher. In Hebrew, 'kosher' means 'fit' and so the laws of kosher deal with what is fit for Jews to eat.

Lent: is a time in the Christian calendar. It comes just before Easter and lasts for around six weeks. During Lent, Christians often abstain from something, such as a favourite food or drink.

Sacrifice: The act of giving up something which matters to you for the sake of something or someone else who matters more.

Abstain: To abstain from something means to refrain, or stop, from doing something; for example, to abstain from eating chocolate means to stop eating chocolate.

Ramadan: A Muslim festival where Muslims fast during the daylight and only eat after the sun has set.

Fasting: the act of going without food.

Subject Vocabulary:

Celebration: special event that people organise because something pleasant has happened.

Occasion: A special or important time.

Festival: Occasions for remembering events in religions.

Christianity: A religion based on a belief in God and the life and teachings of Jesus.

Christian: Someone who believes in the teachings of Jesus and a follower of the religion of Christianity.

Jesus: A teacher and the founder of the Christian religion.

Islam: A religion based on the teachings of the Qur'an.

Qur'an: The Muslim holy book.

Muslim: A follower of the religion of Islam.

Judaism: The religion of the Jewish people.

Jew: A follower of Judaism.

What I should know by the end of the Unit

Food can be used for difference purposes, such as celebrations and remembrance. It can be prepared and eaten in a special way.

Jews have special food rules; these are called the laws of kosher. The laws of kosher deal with what is fit for Jews to eat.

Lent is a time in the Christian calendar. During Lent, Christians often abstain from something, such as a favorite food or drink.

Each year, Muslims who are able to, fast during Ramadan, the ninth month of the Islamic calendar.

Skills & Enquiry:

Rituals, Ceremonies and Lifestyles

To explain religious ceremonies and rituals and their importance for people's lives and sense of belonging.