

Special Foods : RE : Year 3/4

	Learning Objective	Overview	Assessment Questions	Resources
Lesson 1	To find out about some of the rules surrounding food in different religions.	Children will start by considering their favourite foods and foods they aren't allowed to eat for any reason. They will then go on to look at some of the rules and restrictions regarding food in the six main world religions. Following this, they will consider a variety of meals and make decisions about the people who would and wouldn't be able to eat them based on their religious beliefs.	<ul style="list-style-type: none"> Do children know that food is significant aspect of many of the world's major religions? Can children describe some of the foods that are forbidden in different world religions? Can children suggest reasons why these foods are forbidden? 	<ul style="list-style-type: none"> Slides Information Sheet Worksheet 1A/1B/1C Challenge Cards Paper plates (FSD? activity only) Meal Description Cards (FSD? activity only)
Lesson 2	To find out about fasting in different world religions.	Children will examine what fasting is and explore why people of different faiths decide to fast. They will look particularly at the 25-hour fast of the Jewish festival of Yom Kippur, as well as the Islamic month of Ramadan. Children will also have the chance to discuss their own opinions about fasting.	<ul style="list-style-type: none"> Do children know what fasting is? Can children explain some of the reasons why people following different religions choose to fast at particular times? Can children consider the effects, both positive and negative, of fasting? 	<ul style="list-style-type: none"> Slides Worksheet 2A/2B/2C/2D Sentence Cards Information Sheet Opinion Cards (FSD? activity only)
Lesson 3	To find out how food can be used in different religious festivals.	Leading on from the previous lesson, children will find out how periods of fasting are often ended with special foods or festivals, such as Eid al-Fitr at the end of Ramadan. They will then go on to explore how different religions use special foods in a variety of religious festivals and celebrations.	<ul style="list-style-type: none"> Do children understand that different religions have particular foods to commemorate special events and festivals? Can children suggest reasons why food during festivals is important for different religions? Can children match particular foods to the correct religious festival? 	<ul style="list-style-type: none"> Slides Worksheet 3A/3B/3C Fact Cards Recipe Card (FSD? activity only) Ingredients and utensils as listed on Recipe Card (FSD? activity only) Access to hobs (FSD? activity only)
Lesson 4	To explore the symbolism of foods associated with the Jewish festival of Passover.	Children will recap briefly what Judaism is and what Jews believe. They will then read the story of the exodus from slavery in Egypt and be introduced to the festival of Passover. They will look at the foods on the seder plate, what they symbolise and how they relate to the Passover story.	<ul style="list-style-type: none"> Do children know and understand the story of Passover? Can children explain the foods on a seder plate in relationship to the Passover story? Can children explain how certain foods can have symbolic importance in religions? 	<ul style="list-style-type: none"> Slides Worksheet 4A/4B/4C Seder Plate Cards Fact Cards Information Sheet Seder Plate Templates (FSD? activity only) Sheets and scraps of felt (FSD? activity only) Glue/sewing equipment (FSD? activity only)
Lesson 5	To find out about the symbolism and significance of bread and wine in the Christian communion.	Children will read the story of the Last Supper and use this to start to explain why bread and wine have special significance for Christians. They will explore the Eucharist (or communion) and how Christians remember the sacrifice Jesus made on the cross by eating bread and drinking wine. They will also consider how different denominations view the symbolism of bread and wine differently.	<ul style="list-style-type: none"> Can children retell the story of the Last Supper? Can children explain why Christians remember this story with bread and wine during communion? Do children understand the symbolic significance of bread and wine to Christians? 	<ul style="list-style-type: none"> Slides Worksheet 5A/5B/5C Discussion Cards Question Cards (FSD? activity only) End of Unit Quiz