

Can I explain that religions have special foods and fasting?

Autumn 1

Vocabulary

Ramadan: the ninth month of the Islamic calendar, and a time when Muslims across the world will **fast** during the hours of daylight

Fasting: All people of different religion and world views fast. IN religions people fast to give them more time to pray and worship God. 'To fast' mean 'nil by mouth'. People in different religion fasts in different ways

Eid-ul-Fitr: The festival that marks the end of the month of fasting in Ramadan. Often it is a time of seeing family and friends and children receive gifts of new clothes

Ash Wednesday: Is the first day of Lent, so named because priests mark the sign of a cross in ashes on the heads (or foreheads) of worshippers

LENT: This is a period of 40 days [Sundays excluded] leading up to Easter which traditionally sees most Christians give up something to mark the period when Jesus was in the wilderness, and getting themselves spiritually ready for Easter Sunday

Shrove Tuesday: The day before Ash Wednesday, traditionally Christians would use up all eggs, butter and milk in their house – as they won't use these in Lent

Key learning

- Consider what I might give up and why if I were to fast
- Explain what food is special to eat at certain times for Muslims and Christians
- Explain why people fast and why it is important to believers

Symbols/Images/artefacts

Ramadan



Eid-UI-Fitr card

Important people/places/artefacts**Links to further learning**

Find out about fasting traditions in other religions like Judaism, Hinduism or Sikhism

Find out about special food in Judaism, Hinduism or Sikhism

What similarities can you discover? What differences are there?