

## Knowledge Organiser

Year 1  
Spring 1

## Religion: The Importance of Food

### Vocabulary

**Fasting:** is when someone does not eat or drink for some specified period of time.

**Lent:** the period of six weeks (40 days not including Sundays) leading up to Easter, the most important festival in the Christian calendar.

**Offerings:** giving food or water to God for religious reasons.

**Sacrifice:** an act of offering to a deity or God something precious.

**Symbol:** important beliefs in the image of an object or picture.

**Vegetarian:** a person who doesn't eat animals.

### Why is food important for religions?

- **Food** is a part of all religions including **Christianity, Hinduism, Islam** and **Judaism**.
- **Christians** follow **Lent** 40 days before **Easter**.
- **Hindus** offer water and **food (prasad)** to their Gods for  **blessings**.
- Similarities between religions when they fast. **Islam- Ramadan/ Christianity- Lent/ Judaism- Yom Kippur**.

### What we will learn by the end of the unit?

By the end of this unit, we will:

- **Food** is a **symbol** for many religions.
- Understand that food comes from plants and animals.
- Some **religions** may be **vegetarian** and some religions may **sacrifice** animals as a symbol of **thanking God**.
- Some people may **fast** to show self-control.

### Food in religion



Hinduism- prasad



Islam- Ramadan (Holy month of fasting)



Christianity- Lent (40 days of fasting)



Judaism- Yom Kippur (day of atonement)