

Rotherhithe Primary School - RE

Big Question: Can stories change people?

Year: 2

Topic: How does special food and fasting help people in their faith?

What will I know by the end of the unit?

What is fasting, and why do people do it?	I can talk about fasting. I can explain why I think some people fast?
To know what fasting is and why people do it.	I can say how I would feel if I had to go without food I can explain why people choose to fast. I can discuss the importance of fasting for a believer
To understand what Ramadan is	I can talk about what Ramadan is I can talk about when Muslims fast and why they fast during Ramadan
To know what happens at an Eid celebration	I can talk about something I am grateful for I can write about why certain food is important to a Muslim person
To understand what happens at Lent	I can discuss what I know about Lent I can talk about the importance of fasting for a Christian
To discuss should we all fast	I can explain what fasting is and whether I would fast I can explain what fasting is and why it is important to believers. I can say what I think of fasting and whether I would do it. I can explain why people fast and why it is important to believers and I can say what I think of fasting with reasons

Vocabulary

Ramadan	The ninth month of the Muslim year, during which strict fasting is observed
fasting	abstain from all or some kinds of food or drink, especially as a religious observance.
Lent	Lent is the period of 40 days before Easter in the Christian calendar; it is a time of reflection for many Christians as they prepare to remember and celebrate the death and resurrection of Jesus Christ.
abstinence	the practice of restraining oneself from indulging in something
pray	address a prayer to God or another deity.
believers	A follower/person of a particular religion; someone with religious faith.
Eid	a Muslim festival, in particular Eid al-Fitr or Eid al-Adha.
celebration	The action of celebrating an important day or event.
faith	complete trust or confidence in a religion

Fasting Food and Symbols



Overview

In this unit you will have the chance to find out about special food eaten at special festivals in religions as well as times when people choose not to eat to remember or commemorate a special story or idea in a religion. There is an opportunity to speak to your peers and adults within the school from different religious groups .