

Curriculum Unit  
Title

Food, Religion & Holiday Celebrations

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**KEY LEARNING, ENDURING UNDERSTANDING, ETC.**

In this unit students will learn how to make a personal connection with their own religion and how it impacts their lives and food choices. They will identify religious practices related to food such as fasting or a specific type of dietary guideline, identify foods from various cultures used in celebratory practices for an observed holiday in the four religions that we are covering. They will also learn about other religions, holidays they celebrate, and how they celebrate through food and cultural customs. Students will also make some of the most recognized food dishes and evaluate the reasons why specific recipes are tied to specific religious customs or celebrations.

**ESSENTIAL QUESTION(S) for the UNIT**

What is religion? How does my religion or culture influence the food that I eat? Why are specific types of food important to individual cultural or religious belief systems? What are dietary guidelines/laws for each religion? What is Kosher? What is Halal? What is the Clean vs. Unclean diet? What is the Brahman diet? What is the significance of not eating pork or pork products? What is the significance of fasting? When does fasting occur? Why don't some religions eat meat or when is eating meat prohibited? Why are these specific rules related to food observed? Identify what details you should know about recipes?

**CONCEPT A**

Four Religion Close Reading

**CONCEPT B**

Holidays are a big deal! Food Laws

**CONCEPT C**

Prepare Traditional Holiday Food.

**ESSENTIAL QUESTIONS A**

How does my religion or culture influence the food that I eat?

**ESSENTIAL QUESTIONS B**

Why are specific types of food important to individual cultural or religious belief systems?  
What are dietary guidelines/laws for each religion?

**ESSENTIAL QUESTIONS C**

Identify what details you should know about recipes?  
Explain how to measure different types of ingredients.

**VOCABULARY A**

Religion, tradition, observe

**VOCABULARY A**

Fasting, abstain, prohibit, permit, halal, kosher Brahman, clean diet, and unclean diet

**VOCABULARY A**

Recipe, abbreviation, customary measurement system, metric system, equivalent, acquire, adequate, alter, flexible and yield.

**ADDITIONAL INFORMATION/MATERIAL/TEXT/FILM/RESOURCES**

Students will be using their class text book as a resource in concept C. They will also be using a printed versions of religion facts from uni.org which is a website that teaches world religions and is geared toward kids.