



Some people choose a vegetarian diet because of religious reasons. Hinduism, Jainism and Buddhism are religions that believe in the concept of Ahimsa which means kindness and non-violence towards all living things.



Key Vocabulary	
avoid	Keep away from
diet	Particular food that is eaten
allergy	Body reacts to certain food or substances
Ethical farming	Animals and the environment is cared for
Fair trade	People are paid fairly for their produce
consumer	Someone who buys something
Seasonality food	Food that is available in different seasons
Vegetarian	Someone who doesn't eat meat for religious or moral reasons
moral	Good and right behaviour



What we should know and what we should be able to do:

To learn why people may eat or avoid certain foods (religious, moral, cultural or health reasons)

- I can explain why a person may avoid certain foods
- I am able to communicate my own personal food needs
- I understand that people may follow a particular diet based on their religious, moral, cultural background or for health reasons

To learn about other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality)

- I can identify factors that might influence people's choices about the food they buy (for example, ethical farming, fair trade, seasonality)
- I am able to talk about my views and express my opinions on factors that affect food choice
- I understand that consumers may have different views on the food they eat and how it is produced and farmed

To learn about the importance of getting enough sleep

- I can explain the importance of sleep for health and wellbeing
- I know what can help people relax and sleep well
- I recognise the impact that too much screen time can have on a person's health and wellbeing

Questions to think about ...

What influences people's choices about the food they buy?

Why might someone not eat certain foods?

How can you tell someone you don't eat particular foods?

What are the advantages of ethical farming?

Which foods are fairtrade?

Can you describe a healthy bedtime routine?

Useful Websites:

Always talk to someone who helps keep you safe, such as a parent, teacher or other adult you trust.

- Food a Fact of Life: www.foodafactoflife.org.uk (5-8 years)
- Change4Life: www.nhs.uk/change4life