

Foods and Their Uses

Fact Cards



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Foods and Their Uses Fact Cards



Bread and Wine

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Cake

Have you ever had a birthday cake? Many people have cake at special times, such as on their birthdays or at weddings.



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Friday Meal

Jewish people have a special meal on Fridays, called a Shabbat meal. Special bread, called challah, is eaten, candles are lit and songs are sung. People wash their hands and say special words during this meal every week. The meal begins a day of rest which continues into Saturday, the Jewish holy day.



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Bread and Wine

During a special part of a Christian church service, people eat a piece of bread and take a sip of wine. Christians do this to remember a story from the Bible, where Jesus gave his disciples these things and asked them to remember him. They believe the bread symbolises the body of Jesus and the wine symbolises his blood.



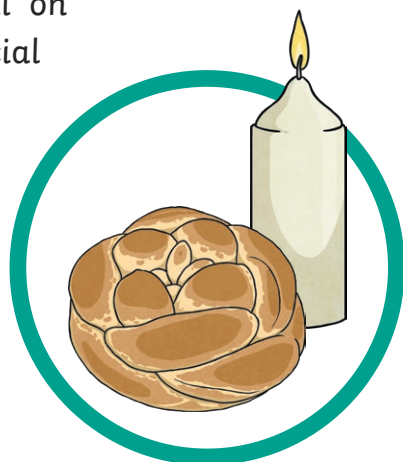
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Dates

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Can you think of a meal in your life where food symbolises something else?



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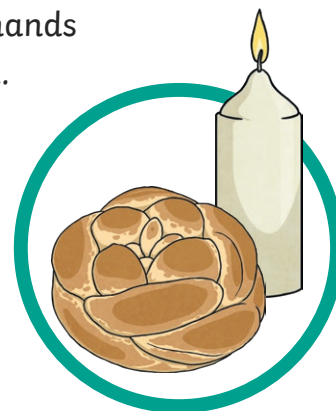
Can you think of a time in your life where you have the same kind of food?



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Can you think of a meal or kind of food you have in your life every week?



Dates

When a Muslim baby is born, the parents chew a date and rub some of the syrup onto their baby's lips, so that the first taste they experience is sweet.

Can you think of a special food that young children might have?

