

Halal and Ramadan

Introduction: This KS4 module looks at the importance of food and fasting in Islam. It has three parts:

Materials required: a pen, note pad; a translation of the Qur'an or access to the internet.



Halal



Ramadan



Iftar and Eid

This module has two types of tasks:



Key Knowledge - these require you to write down your notes, ideas and answers. Remember to check your facts and spellings of key words (in bold).



Development - these help you to reflect on what you have learnt and to think about wider issues. There are no clear right or wrong answers, but you must be able to explain your choices/opinions, and have been formulated based on GCSE expectations.



By the end of this module, you should be able to:

- 1) Describe key Halal food laws and Ramadan expectations
- 2) Explain the purpose of and meaning behind these practices
- 3) Describe how these support the Ummah
- 4) Describe similarities and differences with other religions/practices
- 5) Consider the challenges and benefits of these for believers



Self-review:
✓ or X

Activity 1: Halal

Introduction

Food that Muslims are allowed to eat is called **halal** and food they should not eat is **haram**.



Key Knowledge

1. Use [Resource 1](#) and [Resource 2](#) to define the term **Halal** and some of the key requirements.
2. Describe how Halal meat is both similar and different to **Kosher** meat according to Jewish food laws ([Resource 3](#)).
3. Describe a scenario which demonstrates how fulfilling these requirements may prove challenging for a Muslim.



Development

4. Explain how eating meat does not contradict the principle of **khalifah**.
5. Evaluate this statement:

'All Muslims should be vegetarian, as Allah created all animals.'

In your answer you should:

- give reasoned arguments in support of this statement
- give reasoned arguments to support a different point of view
- refer to religious arguments/texts and may also refer to non-religious arguments
- reach a justified conclusion

Activity 2: Sawm

Introduction

During the month of **Ramadan** Muslims may fast (**Sawm**) and abstain from food because it was the month the Prophet **Muhammad** first began to receive revelations of the **Qur'an** from **Allah**.



Key Knowledge

1. Use [Resource 4](#) and [Resource 5](#) to detail three facts about fasting during Ramadan for Muslims.
2. Give three reasons for Muslims fasting during Ramadan.
3. Describe a scenario which demonstrates how fulfilling these requirements may prove challenging for a Muslim.



Development

4. Describe how fasting demonstrates fellowship with the **Ummah**
5. Explain how sawm might strengthen a Muslim's belief in Allah.
6. Consider your responses to the above questions when evaluating this statement:
'The most important reason for Muslims to fast during Ramadan is to develop empathy for the poor.'

In your answer you should:

- give reasoned arguments in support of this statement
- give reasoned arguments to support a different point of view
- refer to religious arguments/texts and may also refer to non-religious arguments
- reach a justified conclusion

Activity 3: Iftar and Eid

Introduction

During the month of **Ramadan** Muslims break the fast each day with a meal called **iftar**, and end Ramadan with **Eid** celebrations.



Key Knowledge

1. Find three facts from [Resource 6](#) about how Muslims celebrate Eid after Ramadan.
2. Describe what **iftar** is using Resource 5 (see Activity 2).
3. Explain how it celebrating Eid and eating the iftar with members of the community might help Muslims to strengthen their bond with the **Ummah**.



Development

4. Give reasons for why the Ummah is so important to a Muslim.
5. Consider your responses to the above questions and in Activity 1 when evaluating this statement:

'Having self control over our food is the biggest difference between humans and animals.'

In your answer you should:

- give reasoned arguments in support of this statement
- give reasoned arguments to support a different point of view
- refer to religious arguments/texts and may also refer to non-religious arguments
- reach a justified conclusion



Self-review

Use the list at the bottom of slide 1 to check your work