



YEAR 7 RS Home Learning - Key Concepts in Hinduism

1. Key Beliefs

- Hinduism is one of the world's oldest religions, originating in India.
- Central beliefs include Dharma (duty), Karma (actions and their consequences), Moksha (liberation from the cycle of rebirth), and Samsara (the cycle of life, death, and rebirth).
- Hindus believe in a supreme being called Brahman, who is present in everything.

2. Deities

- Hinduism is polytheistic, meaning Hindus worship many gods and goddesses. These deities represent different aspects of Brahman.
- Important deities include Brahma (the creator), Vishnu (the preserver), and Shiva (the destroyer).

3. Scriptures

- Sacred texts include the Vedas, Upanishads, Bhagavad Gita, and Ramayana.
- The Bhagavad Gita is a spiritual guide within the epic Mahabharata.

4. Practices

- Worship (Puja) often takes place in a Mandir (temple) or at home.
- Festivals such as Diwali (Festival of Lights) and Holi (Festival of Colours) are widely celebrated.

5. Symbols

- The Om (ॐ) symbol is sacred and represents the sound of the universe.
- The lotus flower symbolizes purity and divine beauty.

6. Lifestyle and Values

- Hindus strive to follow their Dharma (moral duty) based on their role in society and stage of life.
- Vegetarianism is common due to the principle of ahimsa (non-violence).

Key Festivals

1. Diwali (Festival of Lights):

- Diwali is one of the most important Hindu festivals, symbolizing the victory of light over darkness and good over evil.
- It commemorates the return of Lord Rama to Ayodhya after defeating Ravana, as told in the Ramayana.
- Hindus celebrate by lighting oil lamps (diyas), decorating their homes, exchanging gifts, and setting off fireworks.

2. Holi (Festival of Colours):

- Holi marks the arrival of spring and celebrates love, joy, and the triumph of good over evil.
- The festival is associated with the story of Prahlada and the defeat of the demoness Holika.
- Hindus celebrate by throwing colored powders, dancing, and sharing festive foods like gujyas (sweet dumplings).

Name:

Class:

Task: Food hygiene is necessary in order to produce and supply food which is safe to eat. Read the following information and answer the questions below

Food hygiene is necessary in order to produce and supply food which is safe to eat. This involves more than just being clean. A simple way to remember is the 4 Cs:

- Cleaning;
- Cooking;
- Chilling;
- Cross contamination.

Cleaning the kitchen is important to keep food safe and prevent bacteria from spreading.

'Clean as you go' means people make sure that they clean the area and utensils they have been working in or with, as they prepare food.

This avoids build up of mess and leads to better hygienic conditions.

Cleaning worktops:

always wash worktops before food preparation begins;

wipe up any spilt food straight away;

always sanitise worktops thoroughly after they have been touched by raw meat, including poultry or raw eggs.

do not put ready to eat food, such as bread, salad or fruit on a worktop or chopping board that has been touched by raw meat, unless it has been washed thoroughly first.

Areas which need particular attention when cleaning are:

surfaces that come into contact with food, e.g. chopping boards, utensils;

surfaces that come into contact with hands, e.g. cupboard and fridge doors.

FOOD SAFETY



Chopping boards	cloths	utensils
Wash these in between preparing raw meat and raw vegetables. Use a separate chopping board for raw meat (ideally a red one).	Use different cloths to wipe hands, worktops and dishes. Clean or replace these cloths regularly. Disposable paper cloths are also useful to wipe worktops or chopping boards. Throwing these towels out reduces the risk of bacteria spreading.	Using clean knives, spoons and other utensils will prevent the spread of bacteria. After touching raw meat, utensils should be washed thoroughly.

Cleaning schedule

Kitchens require effective cleaning and maintenance. If a number of different people use the kitchen it helps them know exactly what to do.

hands	hair	skin	face	illness
Wash hands thoroughly with soap and warm water and dry them thoroughly at each of these times: before starting to prepare food; after touching raw meat, including poultry; after touching raw egg; after going to the toilet; after touching the bin; after touching pets after touching face or hair.	Long hair should be tied back and/or covered with a hair net.	Cuts and wounds should be covered with a waterproof dressing. The plasters are often blue in colour so they can be easily identified if they fall into food.	Do not cough or spit near or over food, taste food with fingers, bite nails, eat, chew or smoke, touch nose, or remove earrings.	A person who has been ill, especially with food poisoning, should not work with food or be in the food preparation area.

Year 7 Food Home Learning 2



Name:

Class:

Task: Food hygiene is necessary in order to produce and supply food which is safe to eat. Here are the questions to go with the Home learning information.

Question: What are the four Cs of food hygiene?

Question: What does 'Clean as you go' mean?

Question: Why is it important to wash worktops before starting food preparation?

Question: What color chopping board is recommended for raw meat?

Question: When should hands be washed during food preparation?

Question: At what temperature should hot food be served to ensure it is safe?

Question: What is the 'danger zone' temperature range for bacterial multiplication in food?

Question: How should leftovers be handled to ensure food safety?

Question: Why is it important to store cooked food above raw food in the fridge?

Question: What is the primary method to prevent cross-contamination in food preparation?