Task Sheet 2. Feasting and Fasting

Suggested Task  
As a tandem pair discuss between you the significance of food within your respective belief systems or traditions.

After this discussion, plan a meal between a number of people from each of your traditions.

Be sure to take into account seating arrangements, food, prayers, dietary requirements, etc. Of course, if you would actually like to put this dinner plan into practice, by all means do so!

Aim  
To discover the significance of food, including rituals associated with food, sharing meals and providing food for others.

Objectives  
On your own and with your partner define your objectives for this tandem exercise. What do you want to learn?

Consider asking yourself  
What is the significance of food within my religion or belief?
What does food symbolise?
What rituals are associated with eating and meals?
Is food sacred in my religion or belief?
Are there special occasions or festivals where food plays a particularly significant role?

Consider asking your tandem partner  
You may ask all or none of the suggestions above plus:
What special dietary requirements exist within your religion or belief?
Why?
When planning a meal, what requirements should be taken into account?
Do you follow all of the rules and requirements regarding food within your religion?
What difficulties do you encounter in day-to-day life (e.g. at uni) concerning food?

Things to reflect on together  
- What are our similarities? Why?
- Where do we differ? Why?