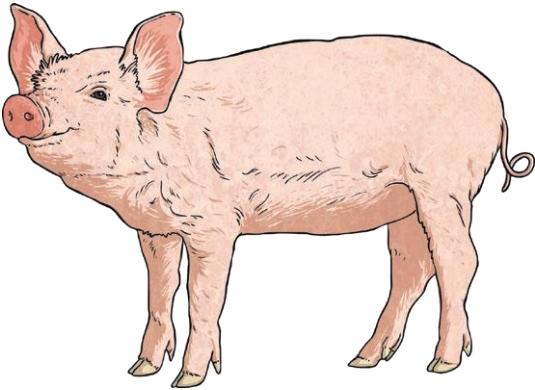


Festivals

Key Vocabulary	
Ramadan	The holiest month in the Islamic calendar.
sustenance	The food and drink that keeps us alive.
kosher	Food that meets the requirements of Jewish rules and can be eaten.
poultry	Flesh from birds such as: chicken, duck, goose, turkey. Some kinds of poultry are kosher.
parve	Fruit, vegetables, honey and grains are considered kosher. They are called parve foods. These can be eaten with either dairy or meat.

Kosher Food
Jewish people believe the laws of kosher come from God. The laws say Jewish people must eat kosher food. Dairy and eggs are kosher if they come from a kosher animal. Meat and dairy must be eaten separately. Kosher foods must be prepared in a particular way.

Kosher Food	Non-Kosher Food
Beef Poultry Fish (with fins and scales) Lamb	Pork Shellfish



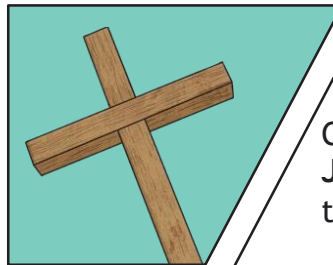
Parinirvana	Sukkot
Parinirvana is a Mahayana Buddhist festival that marks the death of the Buddha. It is also known as Nirvana Day and is celebrated on February 15th. Buddhists celebrate the death of the Buddha, because they believe that having attained Enlightenment, he achieved freedom from physical existence and its sufferings.	Sukkot is held in the autumn (beginning on the 15th day of Tishri) to commemorate the sheltering of the Israelites in the wilderness. Sukkot is celebrated by, first of all, building a sukkah. Jews are required to eat in the sukkah for eight days (seven days in Israel), and some even sleep in the sukkah for the duration of the holiday. The sukkah is decorated and the first day is considered a holy day in which most forms of work are forbidden.

Key Vocabulary

Parinirvana	Buddhist celebration where food is shared.
Holi	Hindu festival where traditional food such as: Puris with potato masala (alu puri) and Indian pancakes with saffron & rosewater cream (malpua & rabri) are made.
Christmas	Christian festival where traditional foods include: yule log, gingerbread and nuts are eaten.
Fasting	When you do not eat at certain times.
Diwali	Sikh festival where sweets and other traditional foods are eaten.

Holi

Holi represents the arrival of spring and the triumph of good over evil. On the first night of Holi, people light bonfires and throw roasting grains, popcorn, coconut and chickpeas onto them. The next day, people of all ages go into the streets for fun and paint-throwing. Everyone gets involved! Hindus have fun by smearing each other with paint and throwing coloured water.



Christmas

Christians celebrate Christmas Day as the anniversary of the birth of Jesus of Nazareth, a spiritual leader whose teachings form the basis of their religion. They give gifts, sing carols and go to church services.

Ramadan

During Ramadan, Muslims fast during daylight hours. Before sunrise, Muslims get up and share a meal (suhoor) with family and friends. After sunset, they share a special iftar meal. Pregnant women, young children or people who are unwell are not expected to fast.



Diwali

For the Sikhs, Diwali is a story of the struggle for freedom. It celebrates the victory of the sixth guru, Guru Hargobind, from the designs of Emperor Jahangir, who had imprisoned him and 52 other princes with him, in 1619. Sikhs celebrated the return of Guru Hargobind by lighting the Golden Temple and this tradition continues today.