# **Disposition:** Being temperate, self-disciplined and seeking contentment

## **Lesson:** Two

### Question/LO: How does being a Rastafari alter the way you live?

| **Dimension of learning** | **Activities** | **Resources** |
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| Learning from experience | Discuss with pupils special food that they have eaten on a special occasion. Could be just favourite food for their birthday, what they eat at a particular time of the year…Introduce the phrase ‘You are what you eat’. Ask the pupils have they heard of this phrase? What do they think it means?Discuss the different diets that people follow: to lose weight, to gain muscle, athletes training for particular events, people who are allergic to certain foods and would be ill if they ate them…Talk about people who might give up food and fast for certain reasons…Conduct a quick class survey on the favourite foods that the class likes to eat. Discuss the results. Are there any foods that are common? Any that are different? What does your class food chart ‘say’ about you? | n/a |
| Learning about religious traditions and non-religious world-views | Explain that Rastafaris have an approach to eating and a special diet. It is based on the concept of ‘livity’. Rastafaris believe that Jah (God) has filled all nature with his divine power, which means that there is strength through living in a natural way from the goodness found in food. Everything that Rastafaris eat becomes part of who they are. This has an impact on what Rastafaris eat. This consists of avoiding processed foods, foods that have been subject to chemicals or grown artificially. As such many Rastafaris will be vegetarian and others may go further to be vegan. Discuss what these terms mean with your pupils. Rastafaris call this an ital (vital) diet. Containing the fresh and vital ingredients for good physical and spiritual health.Other Rastafaris might avoid eating sugars and canned food as it is seen as being unnatural. Many other Rastafaris also follow laws outlined in the Hebrew scriptures, in the book called Leviticus. These scriptures are also common to Jews and Christians, and many Jewish people follow these laws as part of keeping Kosher. These laws forbid the eating of pork, fish without scales and not eating shellfish.Show pupils the BBC Three article on ‘Ital Fresh’ – Poppy and Dan’s new popup food truck following the Ital diet principles. Explain to the pupils that Poppy and Dan would like them to make up a new dish to sell on their truck. Using what you know about what Rastafaris prefer to eat and the food laws that they adhere to – can you help them out?You can ask the pupils to plan the meal by listing ingredients, drawing the finished cooked plate of food or writing the menu board…Pupils to share their ideas with the class and check that they have used the correct ingredients according to the Ital diet. | <https://www.nationalgeographic.com/culture/article/for-rastas--eating-from-the-earth-is-a-sacred-duty#:~:text=To%20stay%20healthy%20and%20spiritually,the%20diet%20got%20its%20name>.<https://www.bbc.co.uk/bbcthree/article/a81ed43e-0f31-43c0-9cf8-e2134ec5ad2a> |
| Learning from faith and non-religious world-views | Start a discussion centring on food but taking it wider: Who influences my behaviour? My life? | n/a |