



Knowledge Organiser

Prime Learning Challenge: Why do people celebrate Diwali?

Key language: Rama and Sita



Rama



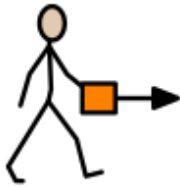
Sita



Ravana



Hanuman



taken



jewellery



help



fight



bow and
arrow



defeat



candle



palace

Rama is _____ because...

Sita is _____ because...

They are _____ because...

The story of Rama and Sita is important because...










Diwali is important to Hindus because...

Diwali is celebrated by...

Key facts: Diwali

- Diwali is the celebration of light. It originates in India.
- Diwali takes place every year and it lasts for five days. The exact dates of Diwali depend on the position of the moon but it is usually celebrated between October and November.
- For many, Diwali honours Lakshmi, the Hindu goddess of wealth. The lights and lamps lit are said to help Lakshmi find her way into peoples' homes to bring good luck in the year to come.
- During Diwali people exchange gifts, have delicious feasts, watch firework displays and wear new clothes.

Key language: food

| | | |
|---|---|--|
|  healthy food |  unhealthy food |  balanced diet |
|  caught |  made |  grown |
|  factory |  shop |  farm |

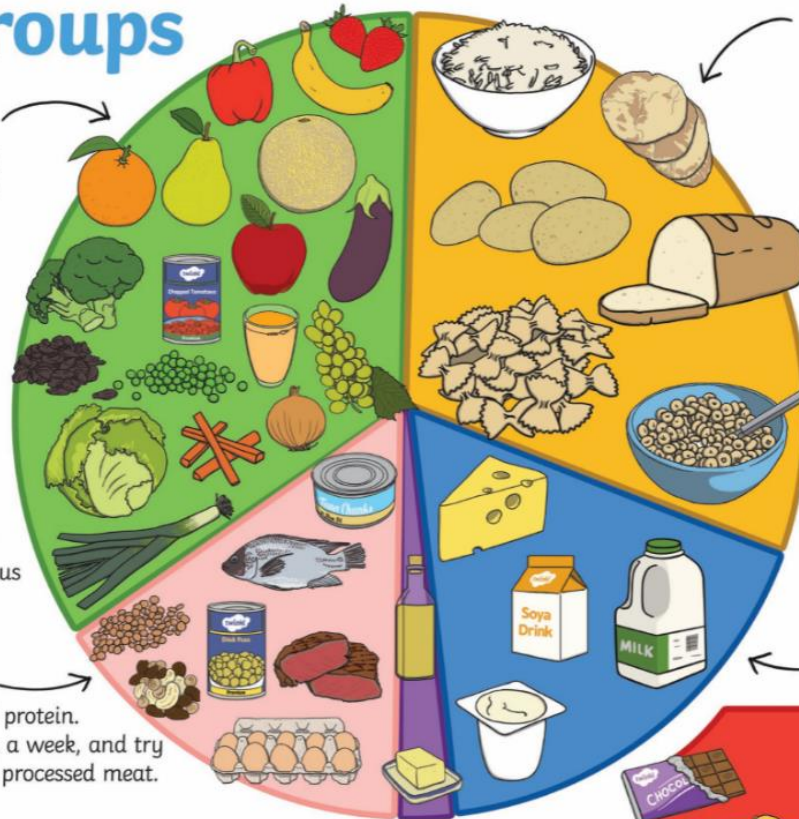
Healthy foods are...
 Unhealthy foods are...
 _____ is healthy/ unhealthy because...
 _____ is made from...
 _____ comes from...

Food Groups

Fruit and Vegetables
 These are good sources of vitamins and minerals and fibre. Aim to eat 5 portions a day! Choose from fresh, frozen, tinned, dried or juiced. Fruit juice and/or smoothies should be limited to no more than a combined total of 150ml per day.

Proteins
 Proteins such as beans, pulses, fish, eggs, meat are very important for helping us grow and build muscles. Beans and pulses are a good alternative to meat as they contain less fat and are higher in fibre and protein. Try to eat 2 portions of fish a week, and try to reduce intake of red and processed meat.

Oil and Spreads Choose unsaturated oils and spreads and use in small amounts. Eat sparingly.



Carbohydrates
 Starchy foods such as potatoes, bread, rice, pasta and cereals should make up just over a third of the food you eat. These are important for giving us energy. Choose higher-fibre, wholegrain varieties, such as wholewheat pasta and brown rice, or simply leave skins on potatoes.

Dairy and Alternatives
 These are a source of calcium which is important for strong teeth and bones. Choose lower fat and sugar options.

Food and Drinks High in Fat and / or Sugar
 Eat less often and in small amounts.

