



Resource 1: Pictures of an ordinary cake, a birthday cake and a wedding cake



Ordinary chocolate cake.
by massdistraction

Birthday cake.
by Will Clayton



Wedding cake.
by Afroswede



Resource 2: Background information on Hinduism and food offerings

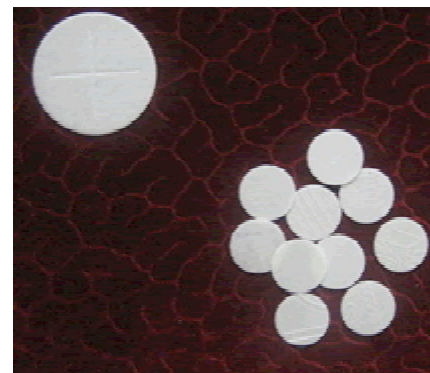
Prasada ('mercy') refers to anything that has been sanctified through offering to God (e.g. flowers), although it most often refers to food. In Hinduism food plays an important role in worship. Food offerings (prasadam) that have been on the altar are believed to be especially sacred, and are handed out to worshippers, either by the priest at the shrine or as worshippers leave the mandir (temple). Prasad is also served in the form of a full meal, especially on festival days. Many Hindus have an altar at home and offer their food before eating so that it can be blessed. By offering food in this manner the believer brings their food from the day-to-day world into the realm of the sacred.

Resource 3: Information on the types of bread used during Communion.

Communion bread – sometimes called the communion wafer, altar bread, the host or sacramental bread – is the bread used in the Christian ritual of the Eucharist. The Eastern Orthodox Church uses leavened bread for the Eucharist, symbolising the risen Christ. Known as *prosphorá* (from *prósphoron*, 'offering'), this bread is made from four ingredients: fine (white) wheat flour, purified water, yeast and salt. Occasionally holy water will be sprinkled into the dough or on the kneading trough at the beginning of the process.

A host is a portion of bread used for Holy Communion in many Christian churches. In Western Christianity the host is often a thin, round unleavened wafer.

In the varying Protestant denominations, there are a wide variety of practices concerning the sacramental bread. Some use ordinary leavened loaves; others, such as Lutherans, continue to use unleavened wafers like the Roman Catholics and many Anglicans. Still others use matzo. Even among those who use the unleavened wafers, there is a great deal of variation: some are square or triangular rather than round, and are made from whole wheat – rather than white – flour.



Roman Catholic unleavened Host for the Celebrant and wafers for the communicants.
by Patnac



Resource 4: Background information on the origins of coffee and the 17th century coffee houses

O Coffee! Thou dost dispel all care, thou art the object of desire to the scholar. This is the beverage of the friends of God (Arabic poem In Praise of Coffee).

The origin of the word 'coffee' is from the Arabic qahwah (see www.muslimheritage.com). It is believed that ancestors of the Oromo people in Ethiopia were the first to discover and recognize the energizing effect of the coffee bean plant, and that from there coffee spread to Egypt and Yemen. However, the earliest credible evidence of either coffee drinking or knowledge of the plant appears in the middle of the fifteenth century, in the Sufi monasteries of Yemen. Roasting and brewing coffee in a manner similar to that used today was first done in Arabia, and by the 16th century, coffee had reached the rest of the Middle East, Persia, Turkey, and northern Africa. It then spread to Italy, and to the rest of Europe, to Indonesia, and to the Americas.

The first person recorded in history to brew coffee in England—in May 1637—was a student from Crete named Nathaniel Conopios, who was studying at Balliol College, Oxford. A Lebanese Jew named Jacob opened the first coffeehouse there in 1650.

Even though Jacob moved to London a few years later to open another coffee house, he had started a trend. The most significant of the new establishments in Oxford was the one opened by Arthur Tillyard in 1655. Tillyard's coffeehouse became a meeting point for a group who were known as the Oxford Coffee Club. This group was made up of Oxford's leading scientists and their students, who would meet to discuss their theories and research and share ideas. It is from the Oxford Coffee Club that the Royal Society, one of the leading scientific societies in the world, evolved.

Another coffee house in the UK played an important role in naming plants and advancing horticulture. In 1720's the Society of Gardeners, a small group of the London's leading nurserymen met every month at the Newhall's Coffee House in Chelsea to discuss horticulture. In particular the meetings in the Newhall Coffee House focused on discussing about and naming of the plants that were imported



Storyteller in an Ottoman coffee house.

Early English Coffee House.
from a woodcut of 1674





from the New World in Britain at that time. These meetings resulted in the publication of *The Gardeners and Florists Dictionary* written by Philip Miller in 1724.





Another European coffee house – the *Café Procope*, which opened in Paris in 1686 – was an important meeting place for members of the French Enlightenment; it was also arguably the birthplace of the *Encyclopédie*, the first modern encyclopaedia.



Resource 5: Game with matching cards

Make copies of the table in [FoodThoughtResource5Game.pdf](#) for all groups. Cut the table cells into individual cards and ask the pupils to match them.

Nb: image opposite is for illustration only. See separate PDF for game details.

Belief/plant	Quote	Day-to-day use	Sacred or special use
<p>Hinduism</p> <p>Chick pea <i>Cicer arietinum</i></p>	<p><i>Whoever offers a leaf, a flower, a fruit or even water with devotion, that I accept, offered as it is with a loving heart</i> (Bhagavad Gita 9:26).</p>	 <p>Pappi chaat (snack). <i>by Monikot, UK</i></p>	 <p>Prasadam offered on Banana leaves. <i>on Open Circle</i></p>
<p>Humanism</p> <p>Coffee plant <i>Coffea arabica</i></p>	<p><i>When we drink coffee, ideas march in like the army...</i> (Honoré de Balzac, French writer).</p>	 <p>Morning coffee. <i>by AndriLschubert</i></p>	 <p>17th century coffee house, sharing ideas. <i>Evans's wood cut of 1674</i></p>



Web links to download the pictures included in the 'Food for thought' lesson resources:

Ordinary chocolate cake

<http://www.flickr.com/photos/sharynmorrow/21221428/>

Birthday cake

http://farm4.static.flickr.com/3620/3301757153_e242ecf3b5.jpg

Wedding cake

<http://www.flickr.com/photos/afroswede/34704932/>

Roman Catholic unleavened Host

http://en.wikipedia.org/wiki/File:Hostia_i_komunikanty.JPG

Story teller in an Ottoman coffee house

http://upload.wikimedia.org/wikipedia/commons/3/33/Meddah_story_teller.png

Early English coffeehouse

http://en.wikipedia.org/wiki/File:17th_century_coffee_house.jpg

Matching cards images:

Papri chaat

<http://www.flickr.com/photos/mookieluv/4928152926/>

Prasadam laddu

http://en.wikipedia.org/wiki/File:Prasadam_on_banana_leaves.jpg

Morning coffee

http://www.flickr.com/photos/rudolf_schuba/473295245/

17th century coffee house

http://en.wikipedia.org/wiki/File:17th_century_coffee_house.jpg

Sharing bread

<http://www.flickr.com/photos/7394371@N06/676632357/>

Holy Communion

<http://upload.wikimedia.org/wikipedia/commons/a/a4/Methodistcommunion6.jpg>

Date, nut and chocolate baklava

<http://www.flickr.com/photos/abyladybug/454398143/>

Dates to break Ramadan fast

http://www.flickr.com/photos/mary_hutchison/5246041925/

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