



KEY VOCABULARY

sacrifice

giving up something important for a greater reason

appearance

how something or someone **looks on the outside**

fasting

choosing not to eat (or sometimes not to drink) for a period of time, often for religious reasons

pilgrimage

a **special journey** that someone makes to a place that is important to their religion

charity

giving **help, kindness** or **support** to **people who need it**, such as through money, time or care

Christianity

giving up something during Lent that may be hard to give up, such as sweets, to help them focus on God



Judaism

not eating certain foods (keeping Kosher) or giving up work on Shabbat to honour rest and holiness



Islam

fasting during Ramadan, giving up food and drink during daylight hours to show devotion, patience, and empathy for others



Sikhism

giving time and effort to serve others (seva), such as helping in the langar kitchen, putting others' needs before your own



Humanism

giving up time or resources to help others because it is the right thing to do, not for religious reasons



Ethical Veganism

giving up animal products (meat, dairy, leather) to avoid harming animals and to live according to their ethical beliefs

