

## Giving people choice

This group activity will help workers to understand how a person's background, cultural or religious beliefs might shape their dietary requirements, and how you can ensure you respect these beliefs in the care and support workers deliver.

**Time:** 30 minutes

**Resources:** Cultural and religious beliefs grid, set of cards showing different dietary requirements.

### What core skills does this address?

- Self - management (cultural awareness)

### What Care Certificate standards does this address?

- 4.2 Work in an inclusive way
- 5.7 Support the individual using person centred values

### Introduce the activity

Give each group a grid and a set of cards.

Explain that the headings on the grid indicate different religions and cultures/ lifestyles which could be associated with particular dietary needs.

Ask workers to match the dietary requirements to the correct religion or lifestyle on the grid.

As they complete the task, ask them to discuss any practical experience they may have of individuals who have dietary needs based on their personal beliefs or cultural background.

### Feedback and discussion

Ask each group to choose a statement and match it to the correct heading. Invite others to agree or to justify an alternative choice of heading.

In any discussion about religion, lifestyle and dietary needs there are very few rules that apply to all cases so there will be inevitably some 'grey areas'.

Explain that the aim of the discussion is not to give detailed, factual information about the link between religion and dietary needs, but to raise awareness of the fact that diet is one of the many important ways in which care workers can actively 'uphold the dignity of the individual' by respecting their personal beliefs.

You could use these questions to structure the discussion:

- what other kind of dietary request have you had from residents who [insert a different religious or cultural background]?
- what practical arrangements have you made to meet those requests?
- ask if any of the group have worked in other settings where the cultural background of residents was very different and this meant in terms of dietary needs?
- in what other ways does an individual's cultural background affect the care we offer them for example personal hygiene, eye contact, gestures, interaction between men and women?

## Cultural and religious beliefs grid

Hindu religion	Vegan	Catholic religion
Muslim religion	Jewish religion	Vegetarian

## Dietary requirement cards

They don't eat between sunrise and sunset during Ramadan, a fasting period.	They can only eat meat that is Halal.	In the Koran food that is forbidden is called Haram.	They don't eat meat, meat-based foods, dairy items or eggs.
Beef is forbidden because the cow is seen as a symbol of life.	Many will not eat meat and dairy foods together.	Many will not eat pork or shellfish.	Food must be prepared according to Kosher rules.
For some it's still traditional to eat fish instead of meat on Fridays.	They prefer not to buy any items made from animal products such as leather, wool, silk or honey.	They don't eat meat but many will eat eggs and dairy products.	Some give up luxury foods like chocolate during Lent, a fasting period.

## Answers

<b>Hindu religion</b>  Beef is forbidden because the cow is seen as a symbol of life.	<b>Vegan</b>  They don't eat meat, meat-based products, dairy foods or eggs.  They prefer not to buy any items made from animal products such as leather, wool, silk or honey.	<b>Catholic religion</b>  For some it's still traditional to eat fish instead of meat on Fridays.  Some may give up luxury foods like chocolate during Lent, a period of fasting.
<b>Muslim religion</b>  They don't eat between sunrise and sunset during the fasting period of Ramadan.  They can only eat meat that is Halal.	<b>Jewish religion</b>  Many will not eat meat and dairy foods together.  Many will not eat pork or shellfish.  Food must be prepared according to Kosher rules.	<b>Vegetarian</b>  They don't eat meat but many will eat eggs and dairy products.

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