



Conference of Colleges Diversity Fund
Project on special dietary requirements

Religion and Belief Workbook



CONSULTANCY

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Module: Religion and Belief

Aim

The aim of the course is to enable participants to develop skills and knowledge to cater for observant religious students and staff in a religiously appropriate way.

Objectives

By the end of the session participants will be able to:

- State the main observances of the religions collected as part of the GB Census in the context of dietary needs
- Recognise the link between being aware of religious practice and the provision of good customer service
- Acquire knowledge that will enable them to differentiate between the different religious groups when considering college menus
- Plan and change menus to meet the needs of various groups within specific settings

Programme

-00:15	Arrivals
00:00	<p>Introductions</p> <p>Overview of the main Religions and Beliefs in the UK</p> <p>Customer Service</p> <p>The Law</p> <p>BREAK</p> <p>Islam</p> <p>Judaism</p> <p>Sikhs and Hindus</p> <p>Jains and Buddhism</p> <p>Rastafari</p> <p>Christianity and Seventh Day Adventists</p> <p>Case Studies - Adapting the Menu</p>
03:00	End of session

Overview of Religion and Belief

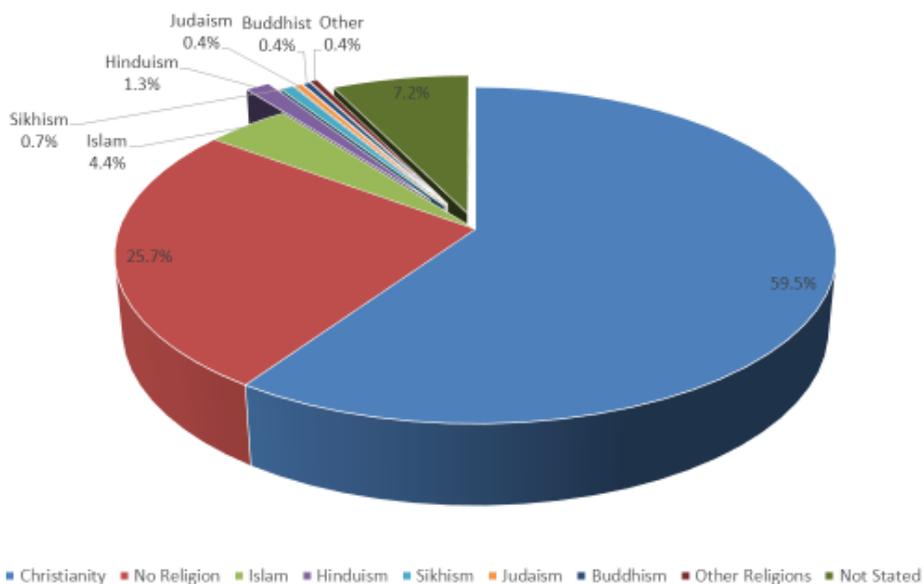


How many religions are there?

- There are said to be over 4,200 religions in the world
- However the Great Britain Census is only interested in 8 categories:
 - Buddhist
 - Christian
 - Hindu
 - Jewish
 - Muslim
 - Sikh
 - No Religion
 - Other Religion



Religion in Great Britain (2011 census)



The Fiendishly Hard Religion and Belief Food Quiz

Below are some interesting questions relating to religion, eating and dining and religious holidays.

Working either individually, or in pairs, see how many you can answer.

- 1) In 2008 which religion said it was OK to eat Giraffe

- 2) For which religion are Chips forbidden

- 3) Which religion has a holy day that literally means "Fat Tuesday"?

- 4) Name two religions that eat meat but who aren't allowed to eat Black Pudding and give me the two reasons why?

- 5) Name two religions that ban Alcohol and two that allow it

- 6) Which religion is a big fan of organic fruit and vegetables?

- 7) Name the meat-eating religion that isn't a big fan of Suet

- 8) Which religion get excited by garlic?

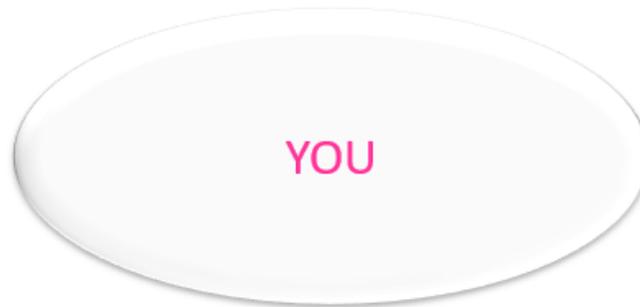
- 9) Name three religions that say No caffeine

- 10) Sikhs will eat most things except when its prepared
- 11) Which religion wouldn't be happy with a candlelit dinner?
- 12) For whom are Sacred Cows part of the scenery?
- 13) Who would be most unhappy about eating Fig Rolls?
- 14) Apart from Muslims, who else can prepare Halal food?
- 15) Name two religions that eat meat, but don't allow you to eat Frog's legs
- 16) Who gets very hungry and thirsty between sunrise and sunset for a month?
- 17) Which religion, that eats meat, isn't allowed to eat Rump Steak?
- 18) Which religion has a very colourful holy festival and what is the festival called?
- 19) Of the religions that eat meat name 4 that don't eat Pork
- 20) Who provides a Langar, what is it, and have you ever eaten at one?



Who are my customers?

Around the diagram, write the types of people you come into contact with, who you regard as your customers



Fine Dodgy Awful

The aim of this exercise is to give you the opportunity to explore some of the decisions that might be made within the context of catering and how they might affect Staff and Students who are Religious observant. In your small groups consider each of the situations listed below, discuss whether they are:

Fine

Perfectly OK for everyone

Dodgy

Might be difficult for some students and staff

Awful

Completely inappropriate in a professional kitchen

Then, consider what you would do to make things acceptable?
Try to reach your decisions by consensus.

ISLAM

Possible Problem	Fine	Dodgy	Awful
The vending machines in the college start to stock Eat Grub energy bars			
During Ramadan the kitchens operate between 7am and 7pm every day			
After telling a student that the chicken used in the meal Halal, they say that they cannot eat Coq au Vin because it is Haram			
You only serve vegan food at an event for Muslim students			
At a formal event you serve individual hand-made Zabaglione to all the guests			

JUDAISM

Possible Problem	Fine	Dodgy	Awful
The main meat dishes of the day are Beef Stroganoff and Chicken Kiev			
As a change from oxtail soup you serve lobster bisque			
A Jewish student is told the chicken is Halal "Won't that do?"			
A student asks for their Surf and Turf to be served separately on two plates			
At a mixed event that is serving alcohol someone asks for kosher wine			
Somebody complains that the Spotted Dick and Custard isn't Kosher			

SIKHISM AND HINDUISM

Possible Problem	Fine	Dodgy	Awful
You use Halal Chicken in your Chicken Tikka Masala			
At a vegetarian event you serve a fine range of unlabelled French cheeses			
You serve a mouth-watering Panna Cotta with a raspberry coulis			
A student is convinced that the vegan burger is in fact beef			

JAINISM AND BUDDHISM

Possible Problem	Fine	Dodgy	Awful
A Jain student is told that the Duxelles sauce, does not contain ducks			
You serve a homemade Honey cake with cream			
A new chef decides that all the chips should be fried in lard			
At a formal event a Buddhist student request just bread and water			
The head chef's signature dish is French Onion Soup served at least once a week			

RASTAFARI

Possible Problem	Fine	Dodgy	Awful
At a Caribbean Themed Dinner, you only serve Jerk Pork			
You use Carmine colouring in a Red Velvet Cake and homemade Vanilla ice cream.			
A student asks if the tomato soup is tinned or made from scratch			
There is a request for kosher salt from a Rastafarian student			

CHRISTIANITY incorporating CATHOLICISM AND PROTESTANTISM

Possible Problem	Fine	Dodgy	Awful
You make pancakes and crepes on Shrove Tuesday			
Having stopped serving fish regularly on Fridays you receive a complaint			
A Seventh Day Adventist asks if the chicken is Kosher or Halal			
A student's request for decaffeinated drinks to be served at all meals is refused			

Case Studies - Menu adaptations Work

Here we have our six students. It's a year later and all of the people in our cases studies everyone have reverted to their religious upbringing!

Read their updated biographies. Most of the menu items have been taken from those offered by colleges. We have taken one or two liberties in order to illustrate a point.

You need to now think about each student's diet to considering both their ethical eating choices **and** the requirements of their religious beliefs.

What adaptations or replacements might be offered for the menu items on offer?

Remember to think about nutrition and make sure any alternatives give the student a nutritionally balanced meal.

You have 15 minutes to plan an alternative menu To the Bold items to match each student's dietary needs.

One

Leila Shah is reading Biochemistry at St Scholastica's. She is in her first year at Oxford and has very little experience of life away from home especially when it comes to food and cooking for herself. She tried being Vegan, during Veganuary (January), but it didn't take! She now describes herself as a Flexitarian Muslim who observes Halal.

Roast Chicken with Pigs in Blankets, gravy and roast potatoes
Dark Chocolate Cherry Mousse with Homemade Vanilla Ice Cream

Two

Bhavesh Lakhani is reading English at Jordan College and has really enjoyed his time at Oxford so far. Bhavesh grew up in Scotland so the community and the culture are very different from what he is used to. Bhavesh is a strict vegetarian who has renewed his following of the Jain religion.

**Cumberland Sausage and Mash, with caramelised onion gravy
Almond and Berry Clafouti with Chantilly cream**

Three

Helen Fox is a first-year medical student at St Michael's. She loves university life and has settled in very well. She is a strict Seventh Day Adventist. She likes eating in hall with her friends she would be a strict vegetarian but has a weakness for cheese omelettes.

**Suet Beef Pudding with onion gravy and mash potato
Chocolate Pudding and Chocolate Custard**

Four

Ben Levy is reading Modern Languages at Queen Philippa's College. Ben was flexitarian, but that fad is so over. This year he has decided that being Jewish he really should stick to a kosher diet.

The college is celebrating its 300th birthday and as an occasional treat is preparing some classic meals from years gone by. Any replacements you suggest should be in keeping with the college's celebrations.

Jugged hare with mash potato and roasted vegetables

Raspberry Panna Cotta

Five

Sara Dawkins is completing her master's in history at Wykeham College. She loves studying and the Bodleian has become her second home. She is Pescatarian, Trinidadian and hopes to become the first Rastafarian professor at Oxford.

Chicken Cordon Bleu with Cajun seasoned potato wedges

Banana Split with tinned fruit cocktail and Real Dairy Spray Cream™

Six

Prem Joshi is reading Law at Cardinal College. As an international student his family has spent a considerable amount of money for him to be at Oxford. This is the longest he has ever been away from India and his family. As a Hindu he was raised as a strict vegetarian. Since being at Oxford Prem has refined his taste for banana milkshakes, with actual bananas, and smelly, but very expensive hand-made French cheeses. Prem still does not go to the gym!

Beef Bobotie with Turmeric Rice
Bakewell Pudding and mascarpone cream

This information is available in a variety of formats. Please contact the Challenge office on 020 7272 3400 or training@challcon.com if you would like this information supplied in a different format