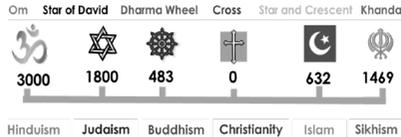


Introduction to World Religions

6 World Religions

There are six major world religions in the world today. They originated in the following order:



Monotheism

Religions which follow one God. Mono comes from the Greek term 'one' – for example, monobrow! Examples include: Judaism, Christianity, Islam and Sikhism.

Polytheism

Religions which follow more than one or multiple Gods. Examples include: Hinduism.

Christianity and the Church

Christianity – Key Facts:

- There are 12.8 billion Christians in the world.
- Christianity was founded by Jesus.
- Christian worship takes place in a Church.
- Christians read the holy the Bible.
- It is a **monotheistic** religion.

Church Meaning

1. The holy people of God who work together and believe God is with them to help and guide.
2. A building in which Christians worship.

Role of the Church

Many Churches lead counselling, food banks, education, study groups, etc. One major role is their commitment to charity and helping those in need.

Faith without Action is Dead

The Christian teaching that worshipping is not enough and that they should help those in society who are in need. E.g. homeless.

Judaism and Jerusalem

Judaism – Key Facts:

- Judaism is the world's oldest religion.
- There are 15 million followers, called Jews.
- The holy book is the Torah.
- Jews worship in the Temple.
- The founder of Judaism is Abraham.
- Jews refer to God as Yahweh.

Pilgrimage

A special journey made for religious reasons to a place of religious interest.

Pilgrimage to Jerusalem

Jews believe **all of creation began in Jerusalem**. There have been two special temples built here, but the first was destroyed. The only remaining part of the second is where many Jews visit the Western Wall. Here they bring special prayers and place them in the cracks of the wall, in the hope they will be heard by God.

Islam and Mecca

Islam – Key Facts:

- There are 1.8 billion followers worldwide.
- The place of worship the Mosque.
- The Muslim Holy book is called the Qur'an.
- The **Prophet Muhammad** founded Islam.
- Muslims call God **Allah**.
- Muslims follow the 5 pillars of Islam.
- Islam is a monotheistic religion as they believe in one God.

Saudi Arabia

Islam began in Saudi Arabia. Here, the Prophet Muhammad received the word of Allah, which is found in the Qur'an. It is the holiest place in Islam.

Hajj

Hajj is an annual Islamic pilgrimage to Mecca, a mandatory religious duty for Muslims that must be carried out at least once in their lifetime by all adult Muslims who are physically and financially capable.

Kaaba

A black stone building in Mecca that is shaped like a cube; it is the holiest place and symbolises belief in one God. Muslims everywhere face it when they pray by using a compass.

Ritual

A ceremony consisting of a series of actions performed according to a set order.

Hinduism and the River Ganges

Hinduism – Key Facts:	<ul style="list-style-type: none"> • Hinduism began in ancient India. • There is no single founder in Hinduism. • Hinduism is a polytheistic religion – 33 million Gods. • All however worship one supreme being, Braham. • Hindu's worship in the Mandir. • The holy texts are called the Vedas.
River Ganges	The River is located between India and Bangladesh. It is over 2700km long.
Mother Ganga	Hindus regard the Ganges as not only a river but also a mother, a Goddess called Ganga.
Purification	In Hinduism it is considered holy to take a pilgrimage to the Ganges and bathe in it to purify a person's soul of all past sins, and cure illnesses.
Life and Death	Varanasi on the River Ganges is the most famous cremation site. Hindu's believe if you are cremated here, you will escape reincarnation (cycle of birth and rebirth) and achieve Moksha which is freedom and eternal peace.
Environment	Recently, the river has become polluted and raised lots of environmental concerns.

Buddhism and the Mahabodhi Temple

Buddhism – Key Facts:	<ul style="list-style-type: none"> • There are 376 million followers worldwide. Buddhist have no personal God, but follow the path of the Buddha (Siddhartha Gautama). • The place of worship is called a temple. • The holy book is called the Pāli Canon.
Siddhartha Gautama	The founder of Buddhism who eventually became known as the Buddha. He was once a prince, but gave this up to focus on his beliefs.
Dharmic Religions	Religions which originated in India are referred to as Dharmic.
Mahabodhi Temple	A site of pilgrimage for Buddhists. It houses a huge statue of the Buddha meditating in Gold. Buddhists believe that the Bodhi Tree there is a descendent of the tree under where the Buddha gained enlightenment – true knowledge.
Enlightenment	Freedom from the cycle of birth and rebirth which Buddhists associate with suffering.

Sikhism and the Golden Temple

Sikhism – Key Facts:	<ul style="list-style-type: none"> • There are 18 million Sikhs worldwide. • Sikhism was founded by the Guru Nanak roughly hundred years ago. • Sikhs worship in a Gurdwara. • Sikhs call the one God the Waheguru. It is a Dharmic and monotheistic religion.
Golden Temple	<ul style="list-style-type: none"> • Many Sikhs go on pilgrimage to here, although it is not obligatory as Sikh's believe the Waheguru (God) is everywhere. • People swim in the lake to heal illnesses. • There are 4 doors, this represents equality; one on every side to show that people of all races and religions are equal.
Langar	The Langar is a dining hall where volunteers prepare the food. The food is free, everyone sits on the floor to show they are equal. There is a langar in every temple in the world – as well as the Golden Temple.
Equality meaning	The state of being equal, especially in status, rights, or opportunities. One of the central beliefs in Sikhism is equality – that no one is more important than another.

Healthy Diet and Obesity

Nutrient	A substance that is needed for healthy growth, development, and functioning.
Balanced Diet	Ensuring you eat all of the required nutrients for your body to function properly.
Food Groups	Carbohydrates, proteins, vitamins, fats, sugars.
Your Health	Poor diet can lead to conditions such as obesity, heart disease, poor oral hygiene and diabetes.



Hydration and Sugary Drinks

Dehydration	A harmful reduction in the amount of water in the body.
Signs	Thirst and dark-coloured urine. Other symptoms include dizziness or light headedness, headaches and tiredness
Water Intake	A child should drink between 6-8 glasses of water a day.
Sugar Intake	A limit of 25g of sugar during a day.
Sugar Tax	In April 2018 the sugar tax was introduced in the UK. It was designed to reduce health problems and childhood obesity.

Sleep and Screen Time

Deprivation	A lack or loss of something you need to function.
Sleep	Sleep is an active period where memories are also stored, muscle is grown and damaged tissue is repaired.
Sleep Time	11-year-olds should aim to get between 9-11 hours sleep where as teenagers should aim to get 8-10 hours sleep.
Screen Time	Screen time includes time watching TV, on the phone, playing on the computer or on a tablet.
Limiting Screen Time	Screen time and caffeine can both affect the quality of sleep that you have and cause sleep deprivation . Children spend an average of 1.5 hours screen time before bed.

Puberty

Hormones	Chemicals your body makes to help it do certain things - like grow up!
Puberty	The process of physical changes through which a child's body matures into an adult body. Girls: Ages 7-13. Boys: Ages 9-15.
Physical Changes	Growth, facial hair, voice breaking, menstrual cycles start, increased sweating.
Emotional Changes	Mood swings, increase in testosterone.
Spots and Acne	Spots are due to hormones and an oily substance called sebum, your body produces more during puberty, which causes blocked pores, and spots.

Personal Hygiene

Hygiene	Conditions or practices done to maintain health and preventing disease, especially through cleanliness.
Dental Hygiene	This involves brushing your teeth regularly, flossing, using mouthwash and having a good balanced diet.
Hand Washing	Washing your hands for 20 seconds using the correct routine to remove bacteria.
Clean Routine	Maintaining a good routine helps keep bacteria at bay! <ul style="list-style-type: none"> • Change your clothes regularly. • Regularly shower/take a bath. • Change menstruation products regularly. • Eat a good diet/drink water. • Keep a clean living area.

Mental Health and Wellbeing

Mental Health	Our emotional, psychological, and social wellbeing. It affects how we think, feel, and act.
Wellbeing	The state of being comfortable, healthy, and happy.
Stigma	A strong feeling of disapproval that most people in a society have about something, especially when this is unfair. E.g. 9/10 people who suffer from mental health problems have reported experiencing stigma and discrimination.
Support	It is important to know Your mental health doesn't always stay the same. It can change as you move through different stages of your life. You can seek help from your doctor, teachers, friends and family. #gettalking.

Young Carers

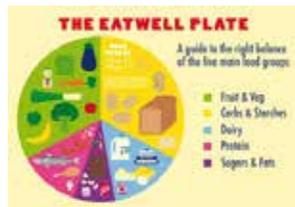
Young Carers	Those under 18 who care for parents or family members who are suffering from physical disabilities, mental health problems and also drug and alcohol addiction.
Role	Care can include household chores, caring for siblings, cooking, helping parents to get dressed and washed and providing medication.
Respite	A short period of rest or relief from something difficult to help carers relax or maybe catch up with school work.
Support	Young carers can seek support through school, GP, or an independent charity.

Disability

Equality	Ensuring individuals or groups of individuals are not treated differently.
Disability	A physical or mental condition which may affect a persons movements, senses or activities. This may involve sensory, mental health, mobility or learning disability. 11 million people in the UK have a disability.
Equality Act 2010	A law which protects those with a disability against discrimination. It states that disabled people must have reasonable adjustments made to take part in society and succeed in life.
Stereotypes	We can try and overcome discrimination by challenging stereotypes. A stereotype is a set idea that people have about someone which is usually incorrect.

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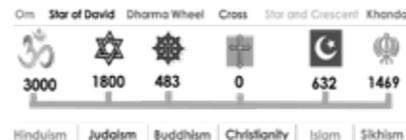
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Environment Recently, the river has become polluted and raised lots of environmental concerns.

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Siddhartha Gautama The founder of Buddhism who eventually became known as the Buddha. He was once a prince, but gave this up to focus on his beliefs.

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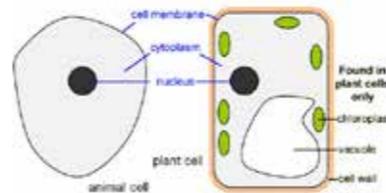
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Equality meaning The state of being equal, especially in status, rights, or opportunities. One of the central beliefs in Sikhism is equality - that no one is more important than another.

7B1 Cells - Essential knowledge sheet



Organelle	Function
Nucleus	Contains DNA
Cell membrane	Controls what moves in and out of the cell
Cytoplasm	Where most chemical reactions take place
Cell wall	Strengthens plant cells
Vacuole	Contains cell sap
Chloroplast	Site of photosynthesis

Organisation of the body

Arrange the following in order from smallest to largest:

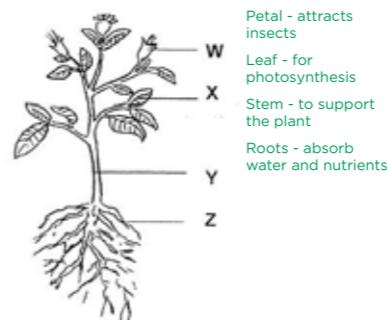
cell
nucleus
organ
tissue
organ system
organism

Complete the method: Viewing cells under a microscope

- Carry the microscope by the **handle**
- Place it near a light source and angle the **mirror** so light shines up through the hole in the stage
- Clip the slide on to the stage
- Select the lowest powered **objective lens**
- Adjust the focusing knobs until you have a clear image

Plant organs

Label each part and state the function



Organ transplants

What is an organ transplant?
A **damaged or faulty organ** is taken from a patient and replaced with a good one from someone else

State an advantage and a disadvantage of having an organ transplant
Adv - helps keep patient alive
Disadv - Could be rejected

Label:
stage, mirror, eyepiece
lens, objective lens, handle



Describe how is each cell is adapted for it's function

Root hair cell



- Projections give a large surface area
- Lots of mitochondria

Red blood cell



- No nucleus so contains more haemoglobin
- Shape increases surface area

Organ systems

Organ system	Organs involved	Function
Respiratory system	Lungs	To take in oxygen, let out carbon dioxide
Circulatory system	Heart & Blood vessels	To transport gas and nutrients
Digestive system	Mouth, oesophagus, stomach, intestines, pancreas	Digest food and absorb nutrients