

Commission for Jewish Education of the Palm Beaches
Summer Institute

“You shall eat, and you shall be satisfied, and you shall bless.”

June 14, 15 and 16, 2016

Sarah Ruderman Wilensky, JewFood, www.jewishfoodeducation.com

“Now, Israel, what does Adonai, your God, ask of you? To walk in Gods ways and to serve Adonai.” (Deuteronomy 10:12)

“When you have eaten your fill, give thanks to the Adonai your God for the good land which has been given you.” (Deuteronomy 8:10)

"Adonai your God has brought you to a good land. A land of brooks of water, of fountains and depths, springs in the valley and hills; a land of **wheat**, and **barley**, and vines of **grapes**, and **fig** trees, and **pomegranates**; a land of **olive oil** and **honey**; a land wherein thou shalt eat bread without scarceness, thou shalt not lack any thing in it” (Deut. 8:7-9).

Blessing Structure:
Petichah; Guf; Amen

Types of Blessings (Maimonides)

“**Birchot ha-Nehenin**,” Blessings of Pleasure

“**Birchot ha-Mitzvot**,” Blessings of Commandments

“**Birchot ha-Hoda’ah**,” Blessings of Gratitude

And on your joyous occasions-your fixed festivals and new moon days-you shall sound the trumpets over your burnt offerings and your sacrifices of well-being. They shall be a reminder of you before your God: I, the Eternal, am your God." (Numbers 10:10)

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהַחַיִּינוּ וְקִיַּמְנוּ
וְהִגִּיעָנוּ לְזִמְנוֹ הַזֶּה.

Baruch atah Adonai Eloheinu Melech haolam, shehecheyanu, v'kiy'manu v'higianu laz'man hazeh.

Our praise to You, Eternal our God, Sovereign of all:

for giving us life, sustaining us, and enabling us to reach this season.

Commission for Jewish Education of the Palm Beaches

Summer Institute

“You shall eat, and you shall be satisfied, and you shall bless.”

June 14, 15 and 16, 2016

Sarah Ruderman Wilensky, JewFood, www.jewishfoodeducation.com

For bread:

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Baruch atah Adonai, Eloheinu melech haolam, hamotzi lechem min ha-aretz.

We praise You, Eternal God, Sovereign of the universe, who causes bread to come forth from the earth.

For wine or grape juice:

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.

Baruch atah Adonai, Eloheinu melech haolam, borei p'ri hagafen.

We praise You, Eternal God, Sovereign of the universe, who creates the fruit of the vine.

For cereals and pastry, such as oatmeal, cakes, cookies, and all foods other than bread that are prepared from wheat, barley, rye, oats, spelt, and rice:

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מִיְי מִזֹּנוֹת.

Baruch atah Adonai, Eloheinu melech haolam, borei minei m'zonot.

We praise You, Eternal God, Sovereign of the universe, who creates many kinds of food.

For fruits that grow on trees:

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הָעֵץ.

Baruch atah Adonai, Eloheinu melech haolam, borei p'ri ha-etz.

We praise You, Eternal God, Sovereign of the universe, who creates the fruit of the tree.

For vegetables and fruits that grow in the soil, such as broccoli, peanuts, tomatoes, etc.:

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הָאֲדָמָה.

Baruch atah Adonai, Eloheinu melech haolam, borei p'ri ha-adama.

We praise You, Eternal God, Sovereign of the universe, who creates the fruit of the earth.

For all foods not covered by other blessings. Includes fish, eggs, cheese, water, milk, fruit juices, soft drinks, beer, and liquor:

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהַכֹּל נִהְיֶה בְּדַבָּרוֹ.

Baruch atah Adonai, Eloheinu melech haolam, shehakol nih'yeh bid'varo.

We praise You, Eternal God, Sovereign of the universe, by whose word all things come into being.

Commission for Jewish Education of the Palm Beaches
Summer Institute
“You shall eat, and you shall be satisfied, and you shall bless.”
June 14, 15 and 16, 2016
Sarah Ruderman Wilensky, JewFood, www.jewishfoodeducation.com

For Educators	For Families
For Preschool	For Religious School

Commission for Jewish Education of the Palm Beaches
Summer Institute
“You shall eat, and you shall be satisfied, and you shall bless.”
June 14, 15 and 16, 2016
Sarah Ruderman Wilensky, JewFood, www.jewishfoodeducation.com

Station One
For wine or grape juice

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגָּפֶן.

Baruch atah Adonai, Eloheinu melech haolam, borei p'ri hagafen.
We praise You, Eternal God, Sovereign of the universe, who creates the fruit of the vine.

What's Jewish?	What's Educationally Significant?
What Now?	

Commission for Jewish Education of the Palm Beaches

Summer Institute

“You shall eat, and you shall be satisfied, and you shall bless.”

June 14, 15 and 16, 2016

Sarah Ruderman Wilensky, JewFood, www.jewishfoodeducation.com

Station Two

For fruits that grow on trees

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הָעֵץ.

Baruch atah Adonai, Eloheinu melech haolam, borei p'ri ha-etz.

We praise You, Eternal God, Sovereign of the universe, who creates the fruit of the tree.

What's Jewish?	What's Educationally Significant?
What Now?	

Commission for Jewish Education of the Palm Beaches
Summer Institute
“You shall eat, and you shall be satisfied, and you shall bless.”
June 14, 15 and 16, 2016
Sarah Ruderman Wilensky, JewFood, www.jewishfoodeducation.com

Station Three

For vegetables and fruits that grow in the soil, such as broccoli, peanuts, tomatoes, etc.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הָאֲדָמָה.

Baruch atah Adonai, Eloheinu melech haolam, borei p'ri ha-adama.
We praise You, Eternal God, Sovereign of the universe, who creates the fruit of the earth.

What's Jewish?	What's Educationally Significant?
What Now?	