

הַלָּכָה of the Week



Naleg Rebbe Primary School

~ בְּרָכוֹת הַנִּהְיִין (3) ~

~ Choosing Which בְּרָכָה to Say First ~

When we have different foods in front of us, and we want to eat more than one of them, we need to know the order in which to take them and to say the different בְּרָכוֹת. Let's study the basic rules:

1. הַמּוֹצִיא on bread (...in order, of: wheat flour, barley flour, spelt flour, rye flour, oat flour)
2. מִזוֹנוֹת on cake (...in order, of: wheat flour, barley flour, spelt flour, rye flour, oat flour)
3. מִזוֹנוֹת on cooked a) wheat flour b) barley flour c) spelt flour d) rye flour e) oat flour
4. הַנֶּכֶךְ on wine, grape juice
5. מִזוֹנוֹת on rice
6. הָעֵץ on one of the שְׁבַעַת הַמִּינִים (in order, of: olives, dates, grapes, figs, pomegranates)
7. Fruits / הָעֵץ or vegetables / הָאֲדָמָה, in the following order:

- TWO fruits or vegetables with the same בְּרָכָה -	- DIFFERENT בְּרָכָה: fruit versus vegetable -
<ol style="list-style-type: none"> 1. שְׁבַעַת הַמִּינִים a) Olives b) Dates c) Grapes d) Figs e) Pomegranates 2. Complete fruit 3. חֲבִיב - Your usually preferred choice 4. חֲבִיב - Your preferred choice now 	<ol style="list-style-type: none"> 1. Complete fruit 2. חֲבִיב - Your usually preferred choice 3. שְׁבַעַת הַמִּינִים 4. בּוֹרָא פְּרִי הָעֵץ before בּוֹרָא פְּרִי הָאֲדָמָה

Discuss: Which would you take first from: a) a fig and a date b) a whole apple and a slice of pomegranate
c) a slice of orange and a slice of banana which you prefer d) a grape, and a pear which you prefer
e) a piece of cake and a fig f) a glass of grape juice and an olive which you prefer g) barley soup and olives

8. שֶׁהַכֵּל on solid food
9. שֶׁהַכֵּל on a drink

פְּרָקִי אֲבוֹת of the Week

פְּרָק ד

א בֶּן זוֹמָא אוֹמֵר, אִיזְהוּ חָכָם, הַלּוֹמֵד מִכָּל אָדָם... אִיזְהוּ גִבּוֹר, הַכּוֹבֵשׁ אֶת יָצְרוֹ... אִיזְהוּ עָשִׂיר, הַשֹּׂמֵחַ בְּחֻלְקוֹ... אִיזְהוּ מְכַבֵּד, הַמְכַבֵּד אֶת תַּבְּרִיאוֹתָיו...:

Ben Zoma says: “Who is wise? He who learns from every person. Who is strong? He who controls his יָצָר הָרָע. Who is rich? He who is happy with his lot. Who is honoured? He who honours others.”
