

Brachos Card

By Mr. Matatia Chetrit

Grade Level: Kiruv

Description:

A handy brachos guide for those who are not yet familiar with the correct blessings on food. The card includes a brief explanation for Birkas Hanehenen, a listing of various types of foods and a transliteration and translation for each of the brachos. The correct after-blessing for each food type is also listed.

Goals/Objectives:

Students will refer to the card for the correct blessing to say on foods before and after eating.

Instructions:

1. Print onto cardstock.
2. Laminate.
3. Distribute.

Additional Tips:

These cards can be given out at the end of a class, or series of classes on brachos.

Bracha Card

ברכה

Every day we encounter opportunities to be thankful for ordinary things. The brachot / blessings - are one way to verbally appreciate our good in life – creating a relationship with Hash-m - and thus live a more meaningful daily existence.

They are an expression of thanks to the Creator - Hash-m - for the constant good and pleasures He provides like food, pleasant aromas, wonders of creation, Mitzvot and Torah.

Basic bracha text -

Baruch Ata Ado-nai, Elo-hainu, Melech Ha-olam...

/ Blessed are you Hash-m, Our God, King of the Universe ...
(Ending depends upon the type of food that will be eaten – see other side)

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Bread	Hamotzi Leh'em min ha-aretz / Who brings out bread from the earth	Birkat Hamazon
Vegetables, nuts & fruits from ground - carrot, celery, lettuce, peanuts, banana, watermelon	Boreh Peri ha-Adama / Who creates fruit of the ground & strawberries, pineapple, granola bar)	Boreh Nefashot
Fruits, nuts from tree - orange, apple, pear, grapefruit, cashew	Boreh Peri ha-Etz / Who creates fruit of the tree	Boreh Nefashot / Al Ha-etz-5 species
Wine	Boreh Peri ha-Gefen / Who creates fruit of the vine	Al Hagefen
Cake, Cookies, Muffins, Pies	Boreh Minei Mezonot / Who creates various kinds of foods	Al Hamechiaya
Beverages, cheese, meat, fish, - without bread, ice cream	She-hakol Nehiya Bidvaro / that all was (made to exist) by His word	Boreh Nefashot

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