

## Brachot on Food

Ref: *Sefer Ahavah, Hilchot Brachot, Chapters 1–8*

### Reminder

Pack on Weights and Measures (See Appendix)



One must bless *Hashem* after eating (*Birkat Hamazon*).<sup>1</sup>

*Mitzvah* (commandment) applies to eating *bread* and a meal to satiation.



Derabanan

Blessing over benefit

- To recite blessings also before eating any food
- The amount of bread that must be eaten for *Birkat Hamazon* is **1 kezayit**
- To bless after eating or drinking (at least **1 kezayit** or **1 reviit**)
- To bless before smelling pleasant fragrance

Blessings before a *mitzvah*

Blessings of praise and thanks

In this way, we will constantly remember Hashem.

### Reminder

Pack on Food



We need to wash our hands with a *brachah* before eating a meal with bread. We also wash after the meal, but without a *brachah*.

The *Rabanim* instituted precautions and rules for washing hands to ‘harmonise’ with hand washing for *tumah* and *taharah* so that people will be used to correct procedures when *mitzvot* to do with the *Bet Hamikdash* are re-established.

### Reminder

Hand-washing Mikvaot Ref: *Sefer Taharah, Hilchot Mikvaot, Chapter 11*  
Pack on Purification (See Hand washing section)



#### BRACHOT ON FOODS AND DRINK.

Before and after – blessings for

- Fruit of trees – *etz*
- Fruit of earth and vegetables – *adamah*
- Other foods e.g. cheese, fish, meat, drinks etc. – *shehakol*
- The **7** species of *Eretz Yisrael*

These blessings can change when state of food is altered e.g. juice of a squeezed fruit, raw or cooked etc. i.e. *brachah* for fruit is ...*haetz* and for its juice is...*shehakol*.

Foods that are not fit for eating, do not need a *brachah*. Whenever a food requires a before – *brachah*, it also needs an after – *brachah*, unless it is less than the shiur.

If one had a doubt whether one had said the *brachot* or not, one should not repeat. (because *brachot* are *Derabanan*)

The 7 species of which *Eretz Yisrael* is praised and their order of importance.

In the verse describing these, the word ‘*eret*’ appears twice i.e. ‘*eret*’ wheat, barely, grapes, figs, pomegranates ‘*eret*’ olives, dates.



The *Rabanim* have given priority to those foods closer to the word *Eretz*. i.e. wheat and olives.

The blessing said after these foods is the abbreviated form of *bentching*. i.e. a longer after – *brachah*, as with *mezonot* described previously.

#### BEHAVIOUR AT A MEAL

*Derech eretz* regarding meals (mannered behaviour).

Examples

- Host recites blessing *hamotzi*.
- On *Shabbat* and *Yom Tov* says *hamotzi* over 2 *challot*.
- Not to look at the face or portion of another person who is eating.
- Not to throw bread.
- Not to place a plate on top of bread.
- Similarly, with other foods.
- Who says Grace after meals etc.