

## 6 בְּרָכוֹת אֶכֶל

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם 1\_\_

הַמוֹצִיא לֶחֶם מִן הָאָרֶץ 2\_\_

בוֹרֵא מִיְי מְזֻנּוֹת 3\_\_

בוֹרֵא פְּרֵי הָאֲדָמָה 4\_\_

בוֹרֵא פְּרֵי הָעֵץ 5\_\_

שֶׁהַכֹּל נִהְיָה בְּדַבְּרוֹ 6\_\_

Blessed are you YHVH our God sovereign of the universe:

who brings forth bread from the earth	(before all meals, especially with bread)
who creates all kinds of grains	(before snacks containing grain)
who creates fruit of the earth	(before vegetables/fruit from the ground)
who creates fruit of the tree	(before vegetables/fruit from trees)
by whose words everything came to be	(before any food or drink)

### READING

\_\_\_\_\_  
Teacher

\_\_\_\_\_  
Date

### CHANTING

\_\_\_\_\_  
Teacher

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent

\_\_\_\_\_  
Date

WHERE FOUND

The Birchat Ochel (Blessings for Food) are prayed before Eating or Drinking.

MAJOR THEMES

Enjoyment of Food and Life's Bounty That God Provides For Us

KEY WORDS

בְּרוּךְ אַתָּה יְהוָה      Blessed are You, YHVH

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם      Our God, Sovereign of the Universe

בּוֹרֵא      Creates

הַמוֹצִיא      Who Brings Forth

לֶחֶם      Food / Bread

מִיְיֵי מִזֹּנוֹת      Kinds of Grains

פְּרֵי הָאֲדָמָה      Fruit of the Earth

פְּרֵי הָעֵץ      Fruit of the Tree

הַכֹּל      Everything

DISCUSSION STARTER

If we say a blessing of thanks after we eat or drink, why should we say a blessing before we eat or drink?

Why do think it is important to say a different blessing over different kinds of food?

How do you feel before you are about to do something enjoyable or fun? What does that tell you about the importance of saying a blessing before eating or drinking?