

**TOP TEN WAYS TO EAT JEWISHLY
BROUGHT TO YOU BY MORAH HINDEL**

DO...

1. Eat kosher food: 1. **Meat and milk are never combined**- also have separate meat and milk utensils 2. **Fruits, vegetables and grains**- kosher, but must be washed and checked that they are insect-free. Grape juice or wine, however, must be certified kosher 3. The **meat, milk and eggs of certain species of animal** are permitted for consumption, while others are forbidden. In addition, a series of laws govern how the animal should be slaughtered and which parts of the animal can be eaten. Go to palmbeachjewish.com/kosher for which types of land animal, fowl, fish and seafood are kosher 4. Since even a small trace of a non-kosher substance can render a food not kosher, all processed foods and eating establishments require **certification by a reliable rabbi or kosher symbol**.
2. Make a blessing before you eat any food or drink. Go to palmbeachjewish.com/brochot for the 6 different blessings for vegetables and greens from the ground, fruits from the tree, wine and grape juice, bread and bagels, cookies and crackers and for candy, dairy, eggs, fish, liquid and meat.
3. Before eating bread, wash with a kvort (washing cup; no spout) pouring three consecutive times on the right hand and three consecutive times on the left. Then make the blessing for washing followed by the blessing for bread.
4. Bentsch (Grace After Meals) and thank G-d when you are finished eating
5. Say or listen to a short Torah thought during a formal meal: Rabbi Chalafta ben Dosa of Kfar Chananya explained "If ten people sit together and occupy themselves with Torah, the Divine Presence rests among them."
6. Practice Kibbud Av V'Em (honoring parents) and say to your mother, "Ma, the supper is superb!"
7. Have a pushkah (charity box) affixed to the wall of your kitchen, not just sitting on a shelf, but actually attached to the wall and put in a few coins before preparing food.
8. Hachnosas Orchim: Always be ready to share what you have even at a moment's notice. Additionally, think about whom in your class might really appreciate an invitation to your house and invite them.
9. Food is accorded proper respect, so, for example, do not say "yuck" or "gross" to food and do not throw out whole pieces of bread. Break the bread up into small pieces and then toss it or, even better, go to the water and feed it to the birds!
10. Do not sit on the table nor put feet on the table since "one's table is similar to the Altar in the Holy Temple" for eating, too, is a way of serving G-d.

On bread, bagels, challah, matzah, pita and rolls made from any of these five grains: wheat, barley, rye, oat or spelt:

**BA-RUCH A-TAH A-DO-NOI ELO-HAI-NU ME-LECH HA-O-LAM
HA-MO-TZI LE-CHEM MIN HA-A-RETZ.**

Blessed are You, L-rd our G-d, King of the Universe, Who brings forth bread from the earth.



On cakes, cereals, cookies, cupcakes, doughnuts, and pasta - if made of one or more of the five grains listed under the first blessing:

**BA-RUCH A-TAH A-DO-NOI ELO-HAI-NU ME-LECH HA-O-LAM
BO-RAI MI-NAI ME-ZO-NOT.**

Blessed are You, L-rd our G-d, King of the Universe, Who creates various kinds of sustenance.



On wine and grape juice:

**BA-RUCH A-TAH A-DO-NOI ELO-HAI-NU ME-LECH HA-O-LAM
BO-RAI PRI HA-GA-FEN.**

Blessed are You, L-rd our G-d, King of the Universe, Who creates the fruit of the vine.



For all fruits from permanent trees, such as apples, oranges, and peaches, even if these fruits are dried; also grapes, raisins, and all nuts (except peanuts, which are a legume):

**BA-RUCH A-TAH A-DO-NOI ELO-HAI-NU ME-LECH HA-O-LAM
BO-RAI PRI HA-AITZ.**

Blessed are You, L-rd our G-d, King of the Universe, Who creates the fruit of the tree.



For all vegetables and greens from the ground, peanuts, legumes, and some fruits such as bananas, melons, and pineapples:

**BA-RUCH A-TAH A-DO-NOI ELO-HAI-NU ME-LECH HA-O-LAM
BO-RAI PRI HA-A-DA-MAH.**

Blessed are You, L-rd our G-d, King of the Universe, Who creates the fruit of the earth.



For candy, dairy, eggs, fish, liquids, meat, mushrooms and everything else not included in the first five blessings above:

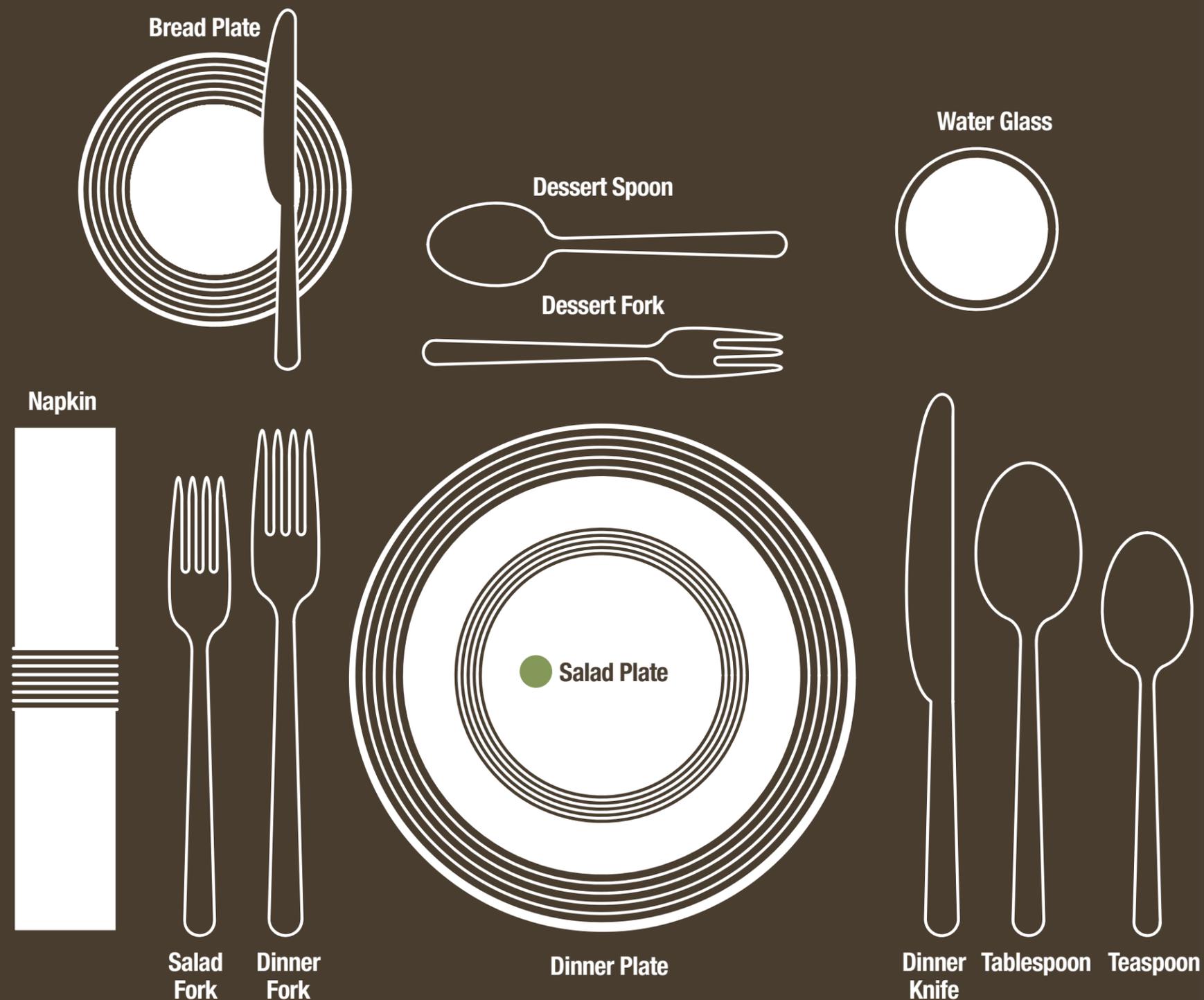
**BA-RUCH A-TAH A-DO-NOI ELO-HAI-NU ME-LECH HA-O-LAM
SHE-HA-KOL NI-H'YAH BI-D'VA-RO.**

Blessed are You, L-rd our G-d, King of the Universe, by Whose word all things came to be.



ETIQUETTE ON WORTH FOR KIDS

TOP TEN TABLE MANNERS BROUGHT TO YOU BY MORAH SHOSHANAH



NO...

1. Chewing with your mouth open or talking with food in your mouth
2. Holding a utensil or flatware piece like a shovel
3. Picking your teeth, slurping, smacking, blowing your nose or making any other unpleasant noises
4. Failing to place your napkins on your lap, or worse, not using it at all
5. Taking a sip of a drink while still chewing food (unless you are choking)
6. Cutting up all your food at once
7. Slouching over your place setting or leaning on your elbows while eating, instead eat with both hands resting on the table (not in your lap) and keep your elbows just slightly above the table while cutting your food
8. Reaching out over or across the table, rather than asking someone to pass you the item (salt, for example) that you cannot reach
9. Leaving the table without saying, "May I be excused?"
10. No bumping into other people or letting your food or utensils infringe on their table space

Etiquette on Worth for Kids at MacKenzie-Childs | 238 Worth Avenue

MONDAY, JANUARY 19, 2015

Morah Hindel Levitin | Youth Zone director Morah Shoshanah | Etiquette expert



A project of The Chabad House

palmbeachjewish.com/youth