Akhlah Lesson Plan

Birchat HaMazon (Grace After Meals)

This lesson plan includes:

• **Pre-test** – To see where emphasis is needed.
• **Hebrew word list** – Handout to help with some of the important words
• **Activity** – Learning by doing. Reciting the prayer.
• **Post-test** – To see how much is retained.

Background:

Birkat Hamazon (ברכה על המזון) is known in English as “Grace after Meals”. The Hebrew translation is “Blessing on Nourishment”. In Ashkenazic Yiddish, the blessing (ברכון) is called Bentshn, which became “Benching” in English slang. This Benching was made into a small booklet which is called a “Bencher” (in Yiddish) a book of blessings after a meal. The proper Hebrew name for the book is birchon or birkon (ברכון).

Jewish Halakha ("collective body of Jewish religious laws") prescribes the Grace After Meals prayer be said following a meal that includes at least a ke-zayit (olive sized) piece of bread or matzo made from (one or all) varieties of wheat, barley, rye, oats, or spelt. It is a mitzvah that is written in the Torah (Deuteronomy 8:10). Meals that do not contain any of the grains listed aren’t considered ‘a meal’ and so do not require that the Grace After Meals blessing be said.

Teachers Note:

<table>
<thead>
<tr>
<th>Pre-test answers</th>
<th>Post-test answers</th>
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<tbody>
<tr>
<td>1. A</td>
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<td>2. C</td>
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<td>4. A</td>
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<td>5. B</td>
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</table>
1. In English, it is called the “Grace after Meals”. What is it called in Hebrew?
   1.a) ברכת המזון
   1.b) בראשית
   1.c) עג
   1.d) ערב שבת

2. How much bread do you need to eat to say the blessing after meals?
   1.a) At least 2 slices of bread
   1.b) Only a pea-sized piece
   1.c) Only an olive-sized piece
   1.d) A half a loaf of bread

3. You need a minyan to say the blessing
   1.a) True
   1.b) False

4. It is a mitzvah to say the blessing
   1.a) True
   1.b) False
<table>
<thead>
<tr>
<th>English</th>
<th>Hebrew</th>
</tr>
</thead>
</table>
| **Birchat HaMazon**  
“Grace After Meals” | ברכת המזון       |
| Practice - Write it yourself |                |
| **Bracha**  
Blessing | ברכה           |
| Practice - Write it yourself |                |
| **Challah**  
Shabbat Bread | חלה            |
| Practice - Write it yourself |                |
| **Lechem**  
Bread | לחם            |
| Practice - Write it yourself |                |
| **Chay-chr Lechem**  
Loaf of Bread | ככר לחם     |
| Practice - Write it yourself |                |
Leader:

Chaverim vachaveirot n’vareich!

Group:

Y’hi shem Adonai m’vorach mei-atah v’ad olam.
Praised be the name of God, now and forever.

Leader:

Y’hi shem Adonai m'vorach mei-atah v'ad olam.
Birshut hachevrah, n’vareich Eloheinu she-achalnu mishelo.
Praised be the name of God, now and forever.
Praised be our God, of whose abundance we have eaten.

Group:

Baruch Eloheinu she-achalnu mishelo uv’tuvo chayinu.
Praised be our God, of whose abundance we have eaten, and by whose goodness we live.
Leader:

Baruch Eloheinu she-achalnu mishelo uv'tuvo chayinu.
Baruch hu uvaruch sh'mo.

Praised be our God, of whose abundance we have eaten, and by whose goodness we live. Praised be the Eternal God.

All:

Baruch atah Adonai, Eloheinu Melech haolam,
hazan et haolam kulo b'tuvo, b'chein b'chesed uv'rachamim.

Sovereign God of the universe, we praise You: Your goodness sustains the world. You are the God of grace, love, and compassion, the Source of bread for all who live; for Your love is everlasting. In Your great goodness we need never lack for food; You provide food enough for all. We praise You, O God, Source of food for all who live.
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All:

כְּכַתְּנֵה תְּשַׁבְּעָה, בָּרָכְתָּ הָאָדָם יִתְנַחֵלֵה עַל הָאָרֶץ

הַפְּנֵה אֶתְּנֵה נְתַן לָם. בָּרֹךְ אֲתָה יִתְנַחֵל עַל הָאָרֶץ וּלָמָּוִי.

*Baruch atah Adonai, Eloheinu Melech haolam,*

* hazan et haolam kulo b’tuvo, b’chein b’chesed uv’rachamim.*

*Hu notein lechem l’chol basar ki l’olam chasdo.*

*Uv’tuvo hagadol tamid lo chasar lanu,*

*v’al yechsar lanu, mazon l’olam va-ed,*

*baavur sh’mo hagadol.*

*Ki hu El zan um’farneis lakol umeitiv lakol,*

*umeichin mazon l’chol b’riyotav asher bara.*

*Baruch atah Adonai, hazan et hakol.*

Sovereign God of the universe, we praise You: Your goodness sustains the world. You are the God of grace, love, and compassion, the Source of bread for all who live; for Your love is everlasting. In Your great goodness we need never lack for food; You provide food enough for all. We praise You, O God, Source of food for all who live.

כְּכַתְּנֵה תְּשַׁבְּעָה, בָּרָכְתָּ הָהָאָדָם יִתְנַחֵלֵה עַל הָאָרֶץ

הַפְּנֵה אֶתְּנֵה נְתַן לָם. בָּרֹךְ אֲתָה יִתְנַחֵל עַל הָאָרֶץ וּלָמָּוִי.

*Kakatuv: v’achalta v’savata, uveirachta et Adonai Elohecha al haaretz hatovah asher natan lach.*

*Baruch atah Adonai, al haaretz v’al hamazon.*

As it is written: When you have eaten and are satisfied, give praise to your God who has given you this good earth. We praise You, O God, for the earth and for its sustenance.
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בְּנֶה יְרוּשָׁלָיָמָה עִיר הַקֹּדֶשׁ בְּמֵיהֶּן בְּמִימָנוּ בְּרַחְמֶךָ בְּרַחְמֶךָ בְּרַחְמֶךָ.

זֶה יְשָׁכֵל נַעֲלוֹת.

בּוֹנֵהּ בְּרַחְמֶךָ יְרוּשָׁלָיָמָה. אָמָן.

Uv'neih Y'rushalayim ir hakodesh bimheirah v'yameinu.
Baruch atah Adonai, boneh v'rachamav Y'rushalayim. Amen.

Let Jerusalem, the holy city, be renewed in our time. We praise You, Adonai, in compassion You rebuild Jerusalem. Amen.

הַרְכַּמְּנָם, הֹוּא יְמְלוֹךׁ עַלָּמוֹ לְעוֹלָמָּם וּצְדָו.

הַרְכַּמְּנָם, הֹוּא יְתַבְּרַצְו בְּשֵׁםָיו וְבְךָ.

הַרְכַּמְּנָם, הֹוּא יְשָׁלַח בְּרָכָּה מְרַבָּה בְּבֵית הָהֵא, וּֽעַל יְשָׁלַח.

זֶה יְשָׁכֵל נַעֲלוֹת.

הַרְכַּמְּנָם, הֹוּא יְשָׁלַח לַהֵא אֲלֵיהֶּם חָפְצֵי זֶכֶר לְעָלָם.

זֶה יְשָׁכֵל נַעֲלוֹת.

יִבָּשֶׂר לַהֵא בְּשָׁוָאָה סְבוּכָת קְשִׁוָאָה בִּקְעָמוֹת.

HaRachaman, hu yimloch aleinu l’olam va-ed.
HaRachaman, hu yitbarach bashamayim uvaaretz.
HaRachaman, hu yishlah b’rachah m’rubah babayit hazeh, v’al shulchan zeh she-achalnu alav.
HaRachaman, hu yishlah lanu et Eliyahu HaNavi, zachur latov, vivaser lanu b’sorot tovot, y’shuot v’nechamot.

Merciful One, be our God forever. Merciful One, heaven and earth alike are blessed by Your presence. Merciful One, bless this house, this table at which we have eaten. Merciful One, send us tidings of Elijah, glimpses of good to come, redemption and consolation.
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On Shabbat:

HaRachaman, hu yanchileinu yom shekulo Shabbat
um'nuchah l'chayei haolamim.

Merciful One, help us to see the coming of a time when all is Shabbat.
5. In English, it is called the “Grace after Meals”. What is it called in Hebrew?
   1.a) ברכת המזון
   1.b) בראשית
   1.c) ענג
   1.d) ערב שבת

6. How much bread do you need to eat to say the blessing after meals?
   1.a) At least 1 slice of bread
   1.b) Only a pea-sized piece
   1.c) Only an olive-sized piece
   1.d) A half a loaf of bread

7. If there is no grain portion, you still need to say the blessing.
   1.a) True
   1.b) False

8. It is a mitzvah to say the blessing
   1.a) True
   1.b) False

9. Where in the Torah is this blessing commanded?
   1.a) Leviticus
   1.b) Deuteronomy
   1.c) Genesis
   1.d) Numbers