

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 (ברכת המזון) is known in English as “*Grace after Meals*”. The Hebrew translation is “*Blessing on Nourishment*”. In Ashkenazic Yiddish, the blessing (בענטשן) 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 (ברכונן).

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:

Pre-test answers

1. A
2. C
3. B
4. A

Post-test answers

1. A
2. C
3. B
4. A
5. B

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Pre-Test

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) ענג
 - 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

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Hebrew Vocabulary

English	Hebrew
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	כיכר לחם
Practice - Write it yourself	

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Leader:

חֲבֵרִים וְחֲבֵרוֹת, נְבָרְךָ!

Chaverim vachaveirot n'vareich!

Group:

יְהִי שֵׁם יי מְבָרְךָ מֵעַתָּה וְעַד עוֹלָם.

Y'hi shem Adonai m'vorach mei-atah v'ad olam.

Praised be the name of God, now and forever.

Leader:

יְהִי שֵׁם יי מְבָרְךָ מֵעַתָּה וְעַד עוֹלָם.
בְּרִשׁוֹת הַחֲבֵרָה, נְבָרְךָ אֱלֹהֵינוּ
שְׂאֲכַלְנוּ מִשְׁלוֹ.

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:

בָּרוּךְ אֱלֹהֵינוּ שְׂאֲכַלְנוּ מִשְׁלוֹ וּבְטוֹבוֹ חַיֵּינוּ.

Baruch Eloheinu she-achalnu mishelo uv'tuvo chayinu.

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

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Leader:

בְּרוּךְ אֱלֹהֵינוּ שְׂאֲכַלְנוּ מִשְׁלֹו וּבְטוּבוֹ חַיֵּינוּ.
בְּרוּךְ הוּא וּבְרוּךְ שְׁמוֹ.

*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:

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַזֵּן אֶת הָעוֹלָם כֻּלּוֹ
בְּטוּבוֹ בְּחֶן בְּחֶסֶד וּבְרַחֲמִים, הוּא נוֹתֵן לָחֶם לְכֹל בְּשֵׁר
כִּי לְעוֹלָם חֲסִדּוֹ. וּבְטוּבוֹ הַגָּדוֹל תָּמִיד לֹא חָסַר לָנוּ, וְאֵל
יַחֲסַר לָנוּ מִזֶּזוֹן לְעוֹלָם וָעֶד. בְּעִבּוֹר שְׁמוֹ הַגָּדוֹל, כִּי הוּא
אֵל זֶן וּמַפְרִיֵס לְכֹל וּמַטִּיב לְכֹל, וּמַכִּין מִזֶּזוֹן לְכֹל בְּרִיּוֹתָיו
אֲשֶׁר בָּרָא. בְּרוּךְ אַתָּה יי, הַזֵּן אֶת הַכֹּל.

*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 yechar 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.

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All:

כַּכְּתוּב: וְאָכַלְתָּ וְשָׂבַעְתָּ, וּבִרְכַתְּ אֶת יְיָ אֱלֹהֶיךָ עַל הָאָרֶץ
הַטְּבָה אֲשֶׁר נָתַן לָךְ. בְּרוּךְ אַתָּה יְיָ, עַל הָאָרֶץ וְעַל הַמְּזוֹן.

*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,
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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.

כַּכְּתוּב: וְאָכַלְתָּ וְשָׂבַעְתָּ, וּבִרְכַתְּ אֶת יְיָ אֱלֹהֶיךָ עַל הָאָרֶץ
הַטְּבָה אֲשֶׁר נָתַן לָךְ. בְּרוּךְ אַתָּה יְיָ, עַל הָאָרֶץ וְעַל הַמְּזוֹן.

*Kakativ: 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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וּבְנֵה יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ בְּמַהֲרָה בְּיָמֵינוּ. בָּרוּךְ אַתָּה יְיָ,
בוֹנֵה בְרַחֲמָיו יְרוּשָׁלַיִם. אָמֵן.

*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.

הַרְחֵמוּ, הוּא יִמְלֹךְ עָלֵינוּ לְעוֹלָם וָעֶד.
הַרְחֵמוּ, הוּא יִתְבָּרַךְ בְּשָׁמַיִם וּבָאָרֶץ.
הַרְחֵמוּ, הוּא יִשְׁלַח בְּרָכָה מְרַבָּה בְּבַיִת הַזֶּה, וְעַל שְׁלַחַן
זֶה שְׂאֵכְלָנוּ עָלָיו.
הַרְחֵמוּ, הוּא יִשְׁלַח לָנוּ אֶת אֱלֹהֵי הַנְּבִיא זְכוּר לְטוֹב,
וַיִּבְשֹׂר לָנוּ בְּשׂוֹרוֹת טוֹבוֹת יְשׁוּעוֹת וְנַחֲמוֹת.

*HaRachaman, hu yimloch aleinu l'olam va-ed.
HaRachaman, hu yitbarach bashamayim uvaaretz.
HaRachaman, hu yishlach b'rachah m'rubah babayit hazeh,
v'al shulchan zeh she-achalnu alav.
HaRachaman, hu yishlach 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:

הַרְחֵמֵנוּ, הוּא יִנְחִילֵנוּ יוֹם שְׁפֵלוֹ
שַׁבָּת וּמְנוּחָה לְחַיֵּי הָעוֹלָמִים.

*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.

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Post Test

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