

Blessings on Food

1. Hamotzi

Bread made from the five species of grains identified by our sages (wheat, barley, rye, spelt or oat) require the blessing *Hamotzi*. In order to be considered bread, the liquid ingredient has to be primarily water and it has to be baked. Dough that uses more oil or fruit juice than water (like pastries), or dough that is fried or cooked (like pasta) is not regarded as 'bread.'



בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
חֲמוּצֵי לֶחֶם מִן הָאָרֶץ.

*Barukh atah Adonai Eloheinu, melekh ha'olam,
hamotzi lechem min ha-aretz.*

Praised are You, *Adonai* our God, Who rules the universe, who brings forth bread from the earth.

2. Mezonot

Food that is made from grain but is not bread gets the blessing *mezonot*. This includes cakes and pastries, most crackers and cereals, pasta and other cooked grain products like farfel and couscous.



בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
בוֹרֵא מִיְנֵי מְזוֹנוֹת.

*Barukh atah Adonai Eloheinu, melekh ha'olam,
borei minei mezonot.*

Praised are You, *Adonai* our God, Who rules the universe, who creates various kinds of sustenance.

3. Hagafen

Wine has special significance and uses in Jewish law, so it gets wine and grape juice own blessing.



בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
בוֹרֵא פְּרֵי הַגָּפֶן.

*Barukh atah Adonai Eloheinu, melekh ha'olam,
borei pri hagafen.*

Praised are You, *Adonai* our God, Who rules the universe, who creates the fruit of the vine.

6. Ha-aitz

A fruit is something growing from a perennial tree that does not renew its stem and does not grow too close to the ground. Thus, apples, grapes, nuts (except peanuts) and figs are fruit, but strawberries, watermelon and bananas are not.



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בוֹרֵא פְּרֵי הָעֵץ.

*Barukh atah Adonai Eloheinu, melekh ha'olam,
borei pri ha-aitz.*

Praised are You, *Adonai* our God, Who rules the universe, who creates the fruit of the tree.

7. Ha-adamah

"Fruits of the earth" include vegetables, legumes, peanuts, and the "fruit" excluded from the *ha-aitz* blessing: melons, bananas, pineapples, some berries.



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בוֹרֵא פְּרֵי הָאֲדָמָה.

*Barukh atah Adonai Eloheinu, melekh ha'olam,
borei pri ha-adamah.*

Praised are You, *Adonai* our God, Who rules the universe, who creates the fruit of the earth.

8. Shehakol

All foods that do not fall into the preceding specific groups get the blessing *shehakol*. This includes animal products: meat, chicken, fish, and eggs; water and all other drinks (except for wine) and soups; and miscellaneous foods like mushrooms, candy, etc.



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שֶׁהַכֹּל נִהְיָה בְּדַבְּרוֹ.

*Barukh atah Adonai Eloheinu, melekh ha'olam,
shehakol nihiyah bed'varo.*

Praised are You, *Adonai* our God, Who rules the universe, by whose word all things comes to be.