Could You Pass the Conversion Test - Section #1 - Weekday Living:

Section #1 - Weekday Living - Class #15 Brachos (Blessings) - Part 8 - Multiple Foods

MULTIPLE FOODS:

Primary & Secondary Foods – Part 3 - Soups & Cereals:

- 1. The bracha for any plain broth is Shehakol. This applies also to broth that contains a small amount of vegetables, since the *ikar* is the soup.
- 2. For example, chicken soup that includes bits of carrots and onions gets a Shehakol.
- 3. The bracha on vegetable soup is Ha'adama. Since the vegetables are the main ingredient, the broth is considered *tafel* and does not receive a separate bracha.
- 4. However, if you **only** want the broth and not the vegetables, the bracha on the soup becomes Ha'adama. However, this rule is subject to the following 3 conditions, **which must all be met**, otherwise, it is Shehakol:
 - the vegetables were cooked in order to be eaten as well, not only to add flavor to the soup
 - > these types of vegetables are commonly used for soup
 - > the vegetables add a significant amount of taste to the soup
- 5. When a soup is **cooked** with noodles, the Mezonot said on the noodles covers the liquid as well.
- 6. However, If you **also** desire the soup **and** it is the majority, then this requires two brachos: first on the soup, then on the noodles. (In situations of doubt, you could recite a Shehakol on some other food, having in mind to cover the soup-broth as well.)
- 7. The bracha on a regular vegetable / barley soup would be Mezonos. If there is a very small amount of barley, you would say both the brachia of Mezonos and Hoadama.
- 8. The bracha on a soup made from vegetables that are **pureed or dissolved completely** in the liquid is Shehakol. This includes split pea or tomato soup, as long as there are no chunks of vegetables remaining. If pieces of vegetable are still discernible, then Ha'adama is recited.
- 9. Fruit soup receives the bracha of the fruit contained in the soup. When there are both ha'adama and ha'aitz fruits, the bracha is determined according to the majority type.
- 10. Unlike vegetable soup, however, the bracha on the **liquid soup** when eaten alone is Shehakol.
- 11. Cholent made with barley, meat and potatoes is considered one food, and requires only one bracha. According to the rules of *ikar v'tafel*, the bracha should be determined by the majority ingredient. Nevertheless, since cooked barley is Mezonot, which has preferential status, the bracha on cholent is Mezonot, regardless of what is the majority ingredient.
- 12. However, if the pieces of potato and/or meat are so large that you eat bite-fulls of these with **no barley**, then the meat and potatoes would require their own separate brachos.

Cereals:

1. **Wheat Flakes** - The bracha is Mezonot on cereals made by cooking wheat, then shaping them and toasting/baking. (Wheaties and Shredded Wheat)

- 2. **Grain Flour** The bracha is Mezonot for any cereal made from wheat flour (Wheat Chex), oat flour (Cheerios), rice flour (Rice Chex), or multi-grains (Fruit Loops).
- 3. **Bran** The bracha on a cereal (All Bran) made solely from bran (the outer shell of the grain) is Shehakol. Many bran cereals, however, have wheat flour or oat flour added, which makes the bracha Mezonot. (Raisin Bran, Bran Flakes)
- 4. **Rice Krispies** These are made by cooking the rice and then toasting. As such, the bracha is Mezonot. This applies also to Cocoa/Fruity Pebbles and to Special K (which is made from ground rice that is cooked).
- 5. **Corn Flakes** are manufactured in two different ways.
 - Corn kernels are smashed or rolled into flakes and then baked (usually listed in the ingredients as "milled corn"). Since the kernels are essentially intact, the bracha is Ha'adama. (Kellogg's Corn Flakes, Frosted Flakes, Corn Chex)
 - ➤ Corn is ground into flour and from this the flakes are formed (usually listed in the ingredients as "milled corn"). Since these no longer resemble corn in form or appearance, the bracha becomes Shehakol. (General Mills Country Corn Flakes)
- 6. **Corn Flour** The bracha is Shehakol for any cereal made from corn flour (Corn Chex). However,:
 - ➢ If wheat or oat flour is added to a "corn flour" cereal, the grain ingredient automatically becomes the *ikar* (even though it may be the minority) and the bracha would be Mezonot -- providing that a wheat or oat-like taste is detectible. (Honeycomb, Apple Jacks)
 - ➤ When wheat starch is added, this is a binding agent and is *tafel*; the bracha remains Shehakol. (Cocoa Puffs, Trix, Cap'n Crunch)
- 7. **Ikar v'Tafel** Crispix cereal has a unique composition of crispy rice on one side of the square, and crunchy corn on the other. Since neither is the ikar or the tafel, two brachot are required: First say Mezonot and eat from the darker (rice) side, then say Ha'adama and eat from the lighter (corn) side.
- 8. **Puffed Cereals** Honey Smacks and Sugar Crisp (now called Golden Crisp) are essentially whole wheat kernels that are "popped" (or "puffed"). Since they are not cooked (i.e. unprocessed or slightly processed), the bracha is Ha'adama.
- 9. **Cooked Cereal** If a cooked cereal (porridge, farina) is made from wheat, oats, barley or rice, then the bracha is Mezonot. If it is made from corn, the bracha is Shehakol.
- 10. Granola the bracha on granola is Ha'adama. (If the oat particles adhere to one another, then the bracha would be Mezonot.) Note that most granola bars are produced from cooked oats, and thus the bracha is Mezonot.
- 11. Wheat germ depends on the processing: cooked wheat germ is Mezonot; toasted wheat germ is Ha'adama (since the heating is only applied to deactivate the enzymes, not to cook the germ).

Cereals a their Brachos

Barbara's Bakery (when bearing OU)				Kellogg's (when bearing I/)			
Cersal Name	Status	Brocha	Brocha Achrona	Cereal Name	Status	Brocha	Brocha Achrena
Cinnation Puffes	Pareve	Ehehakel	Borai Mofachao	Lowfet Granda with Raising	Dairy*	Negocos or	Boral Nelashos
Hosey Rice	Pareve	Mezonos	Borai Nefashos	Lowfat Granols without Raisins Muscalix	Persye	hoadama** Mezonga	Allianishya
Puffins (Original, Peanut Butter)	Pareve	Shehakel	Boral Hefashos	Product 19	Pareve	Mezonos	Al Harrichys
Stredded Spoorful	Pareve	Mezonos	Al Hamichya	Raisn Bran (Fegular, Crunci)	Pareve	Mezonos	Al Harrichya
Cascadian				Rine Erispes	Parava	Mazonos	Roral Netashos
Cereal Name	Status	Brochs	Brocha Achrona	Smat Start	Pareve	Mezonos	Al Harrichya
Chocolate O's	Pareve Pareve	Mezonos Mezonos	Al Hamichya Al Hamichya	Special K (Orgina)	Dairy*	Mezwros	Burai Nelastus
Mult Grain Squares Multi-Dran	Pareve	Shehakel	Donei Hefeshoa	Special K (Checolatey Delight,	Dairy*	Mezonos	Al Haminhya
Purely 0's	Pareve	Megonos	Al Hamichya	Special K (Clanamon Pecan,			
Rasin Eran	Pareve	Mezonos	Al Hamichya	Mutigrain, Oats & Pioney)	Parave	Mezenoe	Al Harrichys
General Mills (when leading OJ)				Kemach			
Cereal Name Status Brocha Brocha Achrona				(when bearing the Symbol of Rabbi N.N. Horowitz and DK)			
Basic 4	Dairy*	Mezonos	Al Hamichya	Cereal Name	Status	Brocha	Brocha Achrena
Cheeros (Original, Apple Cincamon, Chocolate, Frostad, Fruity, Horey Nut,			,	3ran Flakas	Pareve	Mezonos	Al Harrichya
Chocolate, Frostad, Fruity, Horey Nut,	Pareve	Mezonos	Al Hamichya	Burch -0- Krunch	Pareve	Shehakol	Boral Nelashos
Multigram, Oat Cluster Cruech) Cheerios (Barana Nut, Cinnamor	_			Cosea Munchoca	Parava	Shehakel	Borei Nefaohoo
Burs: Protein Cinnamos Almond:	Pareve	Shehakel	Borai Nefashos	CornFlatos	Pareve	Shehakol	Boral Nelashos
Cheerios + Ancient Grains	Cairy	Mezonos	Al Hamichya	Enspy Rice FruitWhits	Pareve	Mezonos	Bora Neastos
Cheerios - Yogurt Burst	Equipment Dairy*	Mezonos	Al Hamichya	Honey Frosted Crurch	Pareve Pareve	Mezonos Mezonos	Al Harrichya Al Harrichya
Gina- Wasal	Parave	Mezonos	Al Hamishya	Honey Nut Toested Oats	Persye	Mezenoa	All lerrichys
Chex- Chocolate, Rice	Pareve	Mezonos	Borai Nefashos	Raisin Bran	Pareve	Mezinos	Al Harrichya
Chex-Cinsamon	Dairy*	Mezonos	Borai Nefashos	Sugar Frosted Flakes	Mareve	Sherakol	BOTH NETASTOS
Chery Corn, Honey-Not	Hareve	Shenakei	Boral Menashos	Duger Puffed Wheat	Persye	Nezgeos or Hoadama	Dorei Nefeatos
Multi-Bran	Pareve	Shenakei	Boral Merashos	-			
Charolate Toast Crunst	Pereve	Mazoneo	Al Hamida	Toasted Oats Whole Wheat Flakes	Pareve Pareve	Mezenos Mezenos	Al Harrichya Al Harrichya
Cinnamon Toast Church, All	Cairy	Meronos	Al Hamichya				Pirramonya
Cocoa Fuffs	Equipment Pareve	Shehakol	Borai Nefashos	Malt-O-M			
Cookie Crisp	Pareve	Shehakel	Borai Nefashos	Coresi Name	Stature	Brochs	Brochs Achrens
Dora the Explorer Ceresi	Paneve	Shehakel	Borai Nefashos	Apple Zings Bluekeny Muffin Toos	Pareve	Mezonos	Al Harrichya
Fiber One (Original)	Pareve	Mezonos	Al Hamichya	Colossal Crunch	Dairy* Pareve	Shehakol	Al Harrishya Borai Nefashos
Prench Tues, Grundt	Parave	Shehakel	Bonel Nefeshos	Dristy Rice	Parave	Mezonos	Boral Netashos
Golden Grahams	Dairy*	Mezonos	Al Hamichya	Dyno-Rites (Coosa, Failty)	Parme	Mezonos	Borai Nefashos
Honey Nut Clusters	Dairy Eqp.	Mezonos	Al Hamichya	Honey Nat Scooters	Pareve	Mezonos	Al Hamichya
Civ ("Iriginal, Remy Remy, Hyney,	Paneue	Shehokel	Rrrai Nefadyvs	Ratsh Bran	Parent	Mezonus	Al Hamishya
Oatmeal Crisp, All	Dairy*	Mezonos	Al Hamichya	Toasty O's (All.)	Pareve	Mezonos	Al Harrichya
Raisin Nu: Bran	Dairy*	Mezonos	Al Hamichya	Toasty O's (All.) Tootie Fruiries	Pareve Pareve	Mezonos Mezonos	Al Harrichys Al Harrichys
Raisin No. Bran Reese's Puffs	Dairy* Pareve	Mezonos Shehakel	Al Hamichya Borai Nefashos	Tootie Fruiries	Pareve	Mezonos	
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Raisin Nur Brain Reces's Puffs Total (All) Trix Wheatles Kash Coreal Name 7 Whole Grain Puffs 7 Whole Grain Nurgets Autumn Wheat Ga Lean (Criginal) Go Lean Crisp Go Lean Crunch Good Friands Heart to Heart (All) Errawherry Fields Kellog	Dairy* Pareve Dairy* Pareve Dairy* (when bearin Pareve	Mezonos Shahakal Mezonos Shahakal Mezonos Shahakal Mezonos GOUI Prochs Hoadama Mezonos Mezonos Hoadama Mezonos Mezonos Hoadama Mezonos Mezonos Hoadama Mezonos Hoadama Mezonos Mezonos Hoadama Mezonos Mezonos Hoadama Mezonos	Ai Hamichya Borai Mefashos Ai Hamichya Borai Mefashos Ai Hamichya Borai Mefashos Ai Hamichya	Tactic Fruities Post Cercal Name Alpha Bits Benena Nat Crunch Bran Flakes Cocca Pebbles Golden Crap Great Grains (Cranberry Almend Crunch, Crunchy Pecans, Reisins Datas & Pecans) Graps Nate Honey Bunches of Oats (Honey Floosted, Reisin Mudley, With Almends With Peaches, With Strawberries, With Vanilla Jaunches, With Cimamon Bunches, With Pecan Burcheel Honeycomb-Cima-Graham Wapte Pecan Crunch	Parave (when searths Status Parave Dairy* Parave Parave Parave Dairy* Dairy* Parave Dairy*	Mezonos (CO) Brosha Mezonos	Al Harrichya Brodha Achrena Al Harrichya Al Harrichya Al Harrichya Boral Netashos Boral Netashos Al Harrichya Al Harrichya Al Harrichya Al Harrichya Boral Netashos
Raisin Nur Brain Reces's Puffs Total (All) Trix Wheatles Kash Coreal Name 7 Whole Grain Puffs 7 Whole Grain Nurgets 7 Whole Grain Nurgets Autumn Whea Ga Lean (Cristinal) Go Lean Crist Good Friands Heart to Heart (All) Errowhorry Fields Kellog Coreal Name AllBrain - Brain Beds	Dairy* Pareve Dairy* Pareve Dairy* Pareve Dairy* (when bearin Pareve	Mezonos Shehakel Mezonos Shehakel Mezonos Shehakel Mezonos GOUI Proche Hoadama Mezonos Headama Mezonos Hoadama	Al Hamichya Borai Mefashos Al Hamichya Borai Mefashos Al Hamichya Borai Mefashos Al Hamichya Borai Mefashos Al Hamichya	Tactic Fruities Post Cercal Name Alpha Bits Bernans McCounch Bran Flatos Cocoa Petoties Fruity Petoties Golden Crap Great Grains (Cranterry Almond Crunch, Crunchy Pecans, Raisins Dates & Pecans) Graps Mits Honey Bunches of Oats (Honey Rosated, Raisin Madley, With Almands With Peaches, With Strawberries, With Vanilla Bunches, With Cimamon Bunches, With Pecan Bunches! Honeycomb Hoseycomb-Cima-Graham Viagle Pecan Crunch Raisin Bran	Parave (when searths Status Parave	Mezonos CO) Brosha Mezonos	Al Harrichya Brodha Achrena Al Harrichya Al Harrichya Al Harrichya Boral Netastos Boral Netastos Boral Netastos Al Harrichya Al Harrichya Al Harrichya Boral Netastos Boral Netastos Al Harrichya Al Harrichya Al Harrichya Al Harrichya Al Harrichya Al Harrichya
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Raisin Nur Brain Reese's Puffs Total (All) Trix Wheatles Kash Coreal Name 7 Whole Grain Puffs 7 Whole Grain Puffs 7 Whole Grain Nurpets Autumn Whea Ga Lean (Criginal) Go Lean Crisp Go Lean Crisp Go Lean Crisp Got Friands Heart (All) Orandomy Fields Kellog Gersal Name All Brain - Brain Bads All Brain - Original All Brain Complete Oat Brain Flakes	Dairy' Pareve Dairy' Pareve Dairy' Pareve Dairy' (when bearin States Pareve	Mezonos Shahakal Mezonos Shahakal Mezonos Shahakal Mezonos (OU) Procha Hoadama Mezonos Mezonos Hoadawa Mezonos Hoadawa Mezonos Mezonos Hoadawa Mezonos Hoadawa Mezonos Hoadawa Mezonos Shahakal Shahakal Shahakal	Al Hamichya Borai Mefashos Al Hamichya Borai Mefashos Al Hamichya Borai Mefashos Al Hamichya Borai Mefashos Al Hamichya Al Hamichya Al Hamichya Al Hamichya Borai Mefashos Al Hamichya Borai Mefashos Al Hamichya Al Hamichya Borai Mefashos Al Hamichya Borai Mefashos Borai Mefashos Borai Mefashos Borai Mefashos Al Hamichya	Tactic Fruities Post Cercal Name Alpha Bits Bernans McCounch Bran Flatos Cocoa Petoties Fruity Petoties Golden Crap Great Grains (Cranterry Almond Crunch, Crunchy Pecans, Raisins Dates & Pecans) Graps Mits Honey Bunches of Oats (Honey Rosated, Raisin Madley, With Almands With Peaches, With Strawberries, With Vanilla Bunches, With Cimamon Bunches, With Pecan Bunches! Honeycomb Hoseycomb-Cima-Graham Viagle Pecan Crunch Raisin Bran	Parave (when searths Status Parave	Mezonos CO) Brosha Mezonos	Al Harrichya Brodha Achrena Al Harrichya Al Harrichya Al Harrichya Boral Netastos Boral Netastos Boral Netastos Al Harrichya Al Harrichya Al Harrichya Boral Netastos Boral Netastos Al Harrichya Al Harrichya Al Harrichya Al Harrichya Al Harrichya Al Harrichya
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Raisin Nur Brain Reces's Puffs Total (All) Trix Wheates Kash Coreal Name 7 Whole Grain Puffs 7 Whole Grain Puffs 7 Whole Grain Nurgets Autumn Whea Ga Lean (Original) Go Lean Crunch Good Friands Heart to Heart (All) Brain-Brain Beds All Brain - Original All Brain - Original All Brain Complete Wheat Brain Flakes All Brain Complete Wheat Brain Flakes All Brain Complete Wheat Brain Flakes Apple Jooke Criniation Crunchy Cinnamon Cereal Socoa Krispies Com Flakes	Dairy' Pareve Dairy' Pareve Dairy' Pareve Dairy' (when bearin Status Pareve	Mezonos Shehakel Mezonos Shehakel Mezonos Shehakel Mezonos Shehakel Mezonos GOUI Proche Hoedama Mezonos Mezonos Hoedama Mezonos Hoedama Mezonos Mezonos Hoedama Mezonos	Al Hamichya Borai Mefashos Al Hamichya Borai Mefashos Al Hamichya Borai Mefashos Al Hamichya Borai Mefashos Al Hamichya Borai Mefashos Borai Mefashos Al Hamichya Borai Mefashos Borai Mefashos Borai Mefashos Borai Mefashos	Tactie Fruities Post Cercal Name Alpha Bits Benena Nut Crunch Bran Flatos Cocca Petoties Fruity Petoties Golden Crap Great Granis (Crambry Almond Crunch, Crunchy Pacans, Raisins Dates & Pecans) Grape Nuts Honey Bunches of Oats (Honey Roasted, Raisin Madley, With Almands With Pesches, With Almands With Pesches, With Strowbernics, With Varilla Jaunches, With Cirmamon Benches, With Pecan Bunches! Honeycomb Hoseycomb—Imma-Graham Wapta Pecan Crunch Raisin Bran Shredded Wheat Honey Net Orginal, Original Spoon Size, Wheat 'N Bran- Worlds Crip Quake Cercal Name Cap 'N Crunch	Parave (when seaths Status Parave	Mezonos (CO) Brosha Mezonos	Al Harrichya Brodha Achrena Al Harrichya Al Harrichya Al Harrichya Boral Netastros Boral Netastros Boral Netastros Al Harrichya Al Harrichya Al Harrichya Al Harrichya Boral Netastros Boral Netastros Boral Netastros Al Harrichya Brodha Achrena Boral Netastros
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Honey Smacks

More Basics:

Unauthorized Brachos:

- 1. A bracha levatala is a bracha said in vain -- i.e. it is said for no reason, or its purpose is not fulfilled. This violates the prescribed conditions that the Sages set for brachot. For example, you hold up an apple, and say "borei pri ha'aitz," and then realize that the apple you are holding is completely rotten and inedible. Or if you make a totally incorrect brocha, such as "borei pri ha'aitz," on a piece of chicken.
- 2. A bracha she'ayna tzricha is an unnecessary bracha -- i.e. it was said on a food that was already covered by a previous bracha. Although the bracha is in one sense "fulfilled" (i.e. the food is eaten), nevertheless the bracha is unnecessary and hence improper. For example, you begin your meal with bread, saying the bracha Hamotzee. You then take a piece of chicken and say the bracha Shehakol.
- 3. One is not even allowed to *cause* a *bracha she'ayna tzricha* to be said. This means that you may not say a bracha when it could have been avoided, as in the following case: You sit down to a meal and first say the bracha Shehakol on the chicken. You then proceed to say a bracha on the bread.
- 4. This last rule, however, only applies only when you are planning to eat the second food right away. If, however, the second food is not going to be eaten right now, the first food may be eaten with its own bracha. For example, you come home, wile waiting for dinner to be ready, and grab a drink to quench your thirst, saying the bracha Shehakol. Since the meal was not ready yet, and you were thirsty right now, you were not obligated to wait to take a drink.
- 5. One may say a bracha on an appetizer that precedes bread, e.g. a grapefruit, since this is the normal sequence of a meal.
- 6. How can you rectify a situation of potential *bracha levatolo*? For example, you say the bracha Shehakol on a glass of apple juice, and lift the glass to your mouth when suddenly... it slips from your hand and spills all over the floor. What can you do in order to "save" this from being a *bracha levatala*? 1) The simplest advice is to pick the cup off the floor, and drink the few drops of apple juice remaining in the cup. 2) If this is not possible (e.g. it was made of glass and shattered), then you should quickly pour some more juice from the container and drink that (assuming that when reciting the blessing, you had the intention to drink more from the container, or the container was on the table even without specific intention). 3) If this is not possible, you could take another food that was "covered" (as in #2 above) by the first bracha. 4) Finally, if none of these options exist, you should recite the following phrase, "*Baruch Sheim Kevod Malchuso Le'olam Va'ed.*" As a praise of God, *Baruch Sheim* compensates, so to speak, for the previous dishonor to God.
- 7. What do you do in a case where you've begun a bracha, and in the middle realize that it's unnecessary? 1) If you have only said the words, "Baruch Ata," then simply stop. Since you haven't said God's name, there's no harm done. 2) If you realize your mistake after saying "Baruch Ata Adonoy," then you should quickly continue with the words "lam'dayni chu'kecha." By doing so, you have recited a full verse from Psalms 119:12: "Baruch Ata Adonoy, lam'dayni chu'kecha" -- and thus cleverly avoided saying God's name in vain! 3) If, however, you are already further into the bracha (i.e. you already said

- "Eloheinu"), the only corrective measure is to recite "Baruch sheim k'vod malchuto l'olam va'ed," as described above.
- 8. What happens if you are in doubt about whether you've already recited a bracha?

 1) Ask someone else who is starting to eat to "have you in mind" when saying his bracha. You should answer "Amen," and by doing so, his bracha is effective for you as well. 2) Say a new bracha on a food that was **not** included in your original bracha. 3) Change your location in a way that requires a new bracha. 4) By the strict letter of the law, you could continue to eat without saying a bracha. In practice, however, the above options should be used first. And even if none of these options are available, it is better to recite the bracha **without** saying God's names aloud -- i.e. while concentrating on God's names mentally.
- 9. When teaching children to say brachos, one is permitted to say the name of God in order to show the child the correct pronunciation.