FORE-BLESSINGS (BRACHA RISHONA): MINIMUM MEASUREMENTS

FORE-BLESSINGS (BRACHA RISHONA): MINIMUM QUANTITY

On How Much Food To Say Fore-Blessing (Bracha Rishona)

Always say one of the six fore-blessings (*bracha rishona*) before eating, as long as you expect to get enjoyment or benefit from whatever you ate, even when eating:

- Less than a minimal quantity (minimal *shiur*), or
- Eating a small (*kolshehu*) amount of food.

EXAMPLES

- Say a fore-blessing before you taste food you are cooking.
- Say a fore-blessing before you taste a tiny amount of honeysuckle nectar.

EXCEPTION Do not say a fore-blessing on water that you drink with medicine.

FORE-BLESSING (BRACHA RISHONA): TIME LIMIT

Until When May You Eat without a New Fore-Blessing

You may continue eating without saying a new fore-blessing--without a time limit--as long as you are not involved in some other activity that distracts you from eating (*hesech da'at).*

Example

SITUATION You are eating and take a break to do work for your business or read a magazine article that involves your concentration.

WHAT TO DO You may not continue eating unless you say a new fore-blessing.

NOTE This is true whether you became full at any time or not.

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