

# Setting the Table: Healthy and Sustainable Cooking for Expectant Jewish Families

## Session Three – Shabbat as Ritual

Hazon Food Programs

### Goals of the Session:

Research and experience have shown that ritual and routine are very important in the lives of young children. The practice of eating Shabbat dinner together as a family is a way for families to establish a routine of coming together around the table in a Jewish way. We will discuss rituals that families will find meaningful around their own Shabbat table.

### Suggested Timeline – Total 2.5 hrs (180 min)

Arrival/Registration – 5 min (6:30-6:35)

Opening Circle – 10 min (6:35-6:45)

Cooking – 105 min (6:45-8:30)

Eating/Discussion – 30 min (8:30-9:00)

Cleanup/Wrap up – 15 min (9:00-9:10)

### Program Outline

#### **Arrival/Registration**

##### **Opening Circle**

Each participant, in turn, will introduce themselves, and they will briefly speak about one way that they take time to appreciate the world around them.

##### **Cooking**

Try Whole Wheat Challah, Chicken Tagine, Seasonal salad with raisin vinaigrette

##### **Discussion/Eating**

**Framing** - Ritual and routine are essential parts of our everyday life. From how we get up in the morning, to how we go through our day, to how we get ready for bed at night, we do best when we follow a set order of things. Young children especially thrive when they are following a routine. As your baby grows, you will find yourself creating rituals that bring meaning and excitement into daily activity. Shabbat dinner is one of the places where you can create meaningful food rituals for your family.

##### Discussion Questions for “The Jewish Way”

How does Shabbat bring together Jewish families each week?

Why is the table the center of Shabbat practice?

How does Shabbat help us to build family relationships around the table.

What are some key elements to creating a Shabbat atmosphere? (it doesn't need to be the traditional answers, although that is a good starting point).

Why would you want to have Shabbat together as a family?

##### Discussion Questions for “The Children’s Blessing”

Why would we take the time on Shabbat to bless our family?

What speaks to you in this bracha? What seems a bit odd about it (see additional resources section for info on Ephraim and Menashe)?

How would you like to take the time to appreciate and bless your children?

If you were to write a blessing for your children, what would it say?

### **Cleanup/Wrapup**

Closing circle – What is one thing that you enjoyed about this evening’s session, and/or what is one thing that you are looking forward to doing because of it?