



YOM TOV EDITION

DID YOU EVER WONDER WHAT WOULD HAPPEN IF ALL THE CHAGIM WERE COMBINED INTO ONE DAY OF THE YEAR? WHAT WOULD WE EAT?!!

OUR ACTIVITY TODAY IS TO TAKE FOODS THAT REPRESENT EACH HOLIDAY AND CREATIVELY MAKE ONE DELICIOUS DISH. WE WILL BE PLAYING “CHOPPED:YOM TOV EDITION”. BELOW ARE YOUR BASKETS WITH THE FOUR REQUIRED FOODS. EACH FOOD REPRESENTS A DIFFERENT HOLIDAY. HAVE FUN!

THE BASKET

The Ingredients

1. A HARD-BOILED EGG

2. MATZAH

3. LEMON (UNLESS YOU HAVE AN EDIBLE ETROG LAYING AROUND)

4. LATKES OR POTATOS AND OIL

A Little Torah

Representing Tisha B'Av

Do you remember how Eisav sold his birthright to Yaakov for a bowl of lentils? Rashi explains Avraham Avinu had just passed away, and after someone passes away, it is customary to eat round foods such as lentils or eggs, symbolizing the circle of life. This is the reason that mourners eat eggs. On Erev Tisha B'Av, before the fast, we also eat an egg because we are in mourning for the Beit Hamikdash.

Representing Pesach

Some mefarshim say that matza is the “bread of affliction,” and it reminds us of when we were slaves. However, there are others who say it is the bread of praise, and it reminds us of how Hashem miraculously took us out of Egypt. This is why we keep the matzah on the table while we sing Hallel on the seder night, to remind us that matza was an integral part of our salvation.

Representing Sukkot

On Sukkot you can't use an actual lemon, but why not? After all the Passuk very cryptically tells us to “Take a beautiful fruit,” there are so many wondrous fruits, how do we know that the verse is referring to an Etrog? The answer is that we know what an Etrog is because of our tradition. Our parents used them, and their parents used them, going all the way back to Moshe Rabbeinu. Therefore, when you shake the Lulav and Etrog you are not only fulfilling a Mitzvah but you are actively helping perpetuate our Mesorah so that one day your grandchildren will say, “I know this is an Etrog because my grandparents told me and their parents told them going all the way to Moshe Rabbeinu.

Representing Chanukah

Did you know that the source for eating oily food on chanukah is over 1000 years old? The father of the Rambam mentions it! He writes, “And one is obligated to make every effort to prepare festivities and foods to publicize the miracle that G-d did for us on those days [i.e., Chanukah]. It has become customary to make “sufganin.” This is an ancient custom, because they are fried in oil, in remembrance of His blessing.” Taken from chabad.org