

Vocabulary

English Romanization

פסח PessahPassover1 EXAMPLE ▲
 בפסח, היהודים מציינים את עשרת המכות
 שאלוהים שלח על פרעה.
*Bep essah hayehudim metsaiinim et eser
 hamakot she'elohim shalach al Par'o.*
 On Passover, Jewish people mention the ten
 plae sGodnihes Pduha rah.in

יום כיפור Yom KippurThe Day of Atonement1
 EXAMPLE ▲

ביום כיפור נהוג לצום
Beyom Kippur nahug latsum.
 On the Day ,of .nemeniti

סוכות SuccotFeast of Booths1 EXAMPLE ▲
 הסכך הוא למעשה ענפיו של עץ גדול
HaSchah hu lemaase anafaiv shel ets gadol.
 The Succa's roof is actually a fresh branch from
 a i eBr.

יום העצמאות Yom HaatsmautIndependenceDay2
 EXAMPLES ▲

ביום העצמאות יש מופעי זיקוקים מרהיבים
*Beyom Haatsmaut yesh mofaei zikukim
 marhivim.*
 On Independence Day, there are spectacular
 firework displays

הם עושים על האש ביום העצמאות.

Hem osim alha-esh be-yom ha-atz'ma'ut.

They're doing a barbecue on Independence Day.

- ראש השנה Rosh HaShana New Year1 EXAMPLE ▲
- בראש השנה נהוג לאכול תפוח בדבש
- BeRosh haShana nahug le ekhol tapuakh bidvash.*
- On Rosh Hashanah it is customary eat
- apples with honey.

Lesson Notes

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Cultural Insights

New Year

The meaning of this holiday is literally "Head of the year." It is celebrated on the first and second day of the first month in the Jewish calendar.

The Day of Atonement

The Day of Atonement comes just after Rosh HaShanah. It's a day of fasting for cleaning both the body and soul of the sins and mistakes of the past year.

Feast of Booths

This is one of the three most sacred holy days in Israel after

Pessah and *Savuot*. This holiday season takes about a week, and families sit together in a *Succa*, a booth that is roofed with branches.

Independence Day

Although Israel gained its independence in November, its Independence Day is celebrated on May 4, immediately after the Soldier and Terror Victim Memorial Day. Therefore, many Israeli people consider this season to be bittersweet.

Passover

Passover is one of the three most sacred Jewish holidays. It's usually celebrated in April, and it commemorates the people's freedom after years of slavery in Egypt.

Vocabulary

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חומוס Hummus Chick pea, hummus1 EXAMPLE ▲

צבע החומוס הוא כצבע החול

Tseva haHummus hu ketseva hachol.

The chick pea's color is like the color of the sand.



טחינה Tehina Tahini, a paste made of sesame seeds1

EXAMPLE ▲

טחינה עשויה משומשום

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Tahini is made out of sesame.

- פלאפל Falafel Falafel, Deep fried chickpea balls1
EXAMPLE ▲

פלאפל היא אמנם מנה טעימה, אך לא בריאה

HaFalafel hi omnam mana teima, ach lo briaa.

Falafel might be tasty, but it's not healthy.

- מצה Matza Matzah, unleavened bread for Passover
day 1 EXAMPLE ▲

בחג הפסח חל איסור על אכילת חמץ ולכן
המצה הינה תחליף לחמץ.

Be-hag haPessah chal isor al achilat chamets
velachen haMatsa hina tachlif la-hamets.

During Passover, it's forbidden to eat leavened
food. Matzah is a good replacement for
leavened food.

- פיתה Pita Pita, flat and round bread1 EXAMPLE ▲

לרוב, הפיתה עשויה מקמח לבן

Larov, haPita asuya mekemach lavan.

Pita bread is usually made of white grain.

[Hide](#)

Cultural Insights

Chick pea, hummus

Chickpeas are originally from Egypt. The most common way

TO SERVE THEM IS TO MASH COOKED CHICK PEAS WITH LEMON AND OLIVE OIL TO MAKE HUMMUS. MOST ISRAELIS LIKE TO EAT IT WITH PITA BREAD.

Tahini, a paste made of sesame seeds

TAHINI IS A PASTE MADE OF SESAME SEEDS. YOU CAN EAT THIS FOOD ALONE, OR WITH HUMMUS AND PITA BREAD. TAHINI IS A VERY NUTRITIOUS FOOD AS IT IS RICH IN PROTEIN, MONO-UNSATURATED FATTY ACIDS, CALCIUM AND VITAMINS.

Falafel, deep-fried chickpea balls

THE FALAFEL IS A VERY COMMON AND CHEAP FOOD IN ISRAEL. IT'S MOSTLY SERVED IN A PITA BREAD, WITH A CHOPPED SALAD.

Matzah, unleavened bread for Passover

ISRAELIS EAT MATZAH ON PASSOVER. MATZAH SYMBOLIZES THE LACK OF TIME THAT THE JEWISH PEOPLE HAD WHEN THEY WERE PREPARING TO LEAVE EGYPT DURING THE PERIOD OF SLAVERY.

Pita, flat and round bread

PITA CAN BE USED AS BREAD FOR A SANDWICH OR AS A SIDE DISH FOR HUMMUS AND TAHINI.

Vocabulary

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ערק Arak Arak, Anis based aperitif1 EXAMPLE ▲

לערק יש טעם מתוק וחריף

LeArak yesh taam matok ve-charif.

Arak has a hot-sweet taste.

יין Ya'in wine3 EXAMPLES ▲

את רוצה להגיד לי ששתית בקבוק שלם של יין
לבד?

*at rotsa lehagid li sheshatit bakbuk shalem shel
yain levad?*

*You want to tell me that you've had a whole
bottle of wine on your own?*

יין מיוצר מענבים

Yain meutsar meanavim.

Wine is made from grapes.

יין אדום הולך טוב עם בשר.

Ya'in adom holekh tov im basar.

Red wine goes well with meat.

קפה Kaf ee5 EXAMPLES ▲

נשתה עוד כוס קפה?

nishte od kos kaffe?

Maybe we'll have one more coffee?

אני לא יכול להתחיל את היום בלי קפה.

ani lo yakhol lehatkhil et hayom bli kafe.

I can't start the day without coffee.

אספרסו הוא תמצית קפה.

Espresso hino tamtsit hacafe.

Espresso is the extract of the coffee.

רם אוהב קפה שחור.

Ram ohev kafeh shālor.

Ram loves black coffee.

אני אוהב את הקפה שלי שחור.

I lie. 

מים *mayim* water 6 EXAMPLES ▲

תשתה מים כל יום.

Tish'teh mayim kol yom.

Drink water every day.

תשתו משהו? לא, רק מים בבקשה

tishtu mashehu? lo, rak mayim bevakasha

Would you have something to drink? No, just water please.

חשוב לשתות לפחות 8 כוסות מים ביום

Hasuv ushtot 8 cosot maiim bayom.

It's important to drink at least 8 glasses of water a day.

יש מים חמים באמבטיה.

Yesh mayim lamim ba-ambati'a.

There is hot water in the bathtub.

הוא עוצר לקנות מים.

hu otser liknot maim.

He stops to buy water.

חשוב לשתות הרבה מים.

Hashuv lishtot harbe maim.