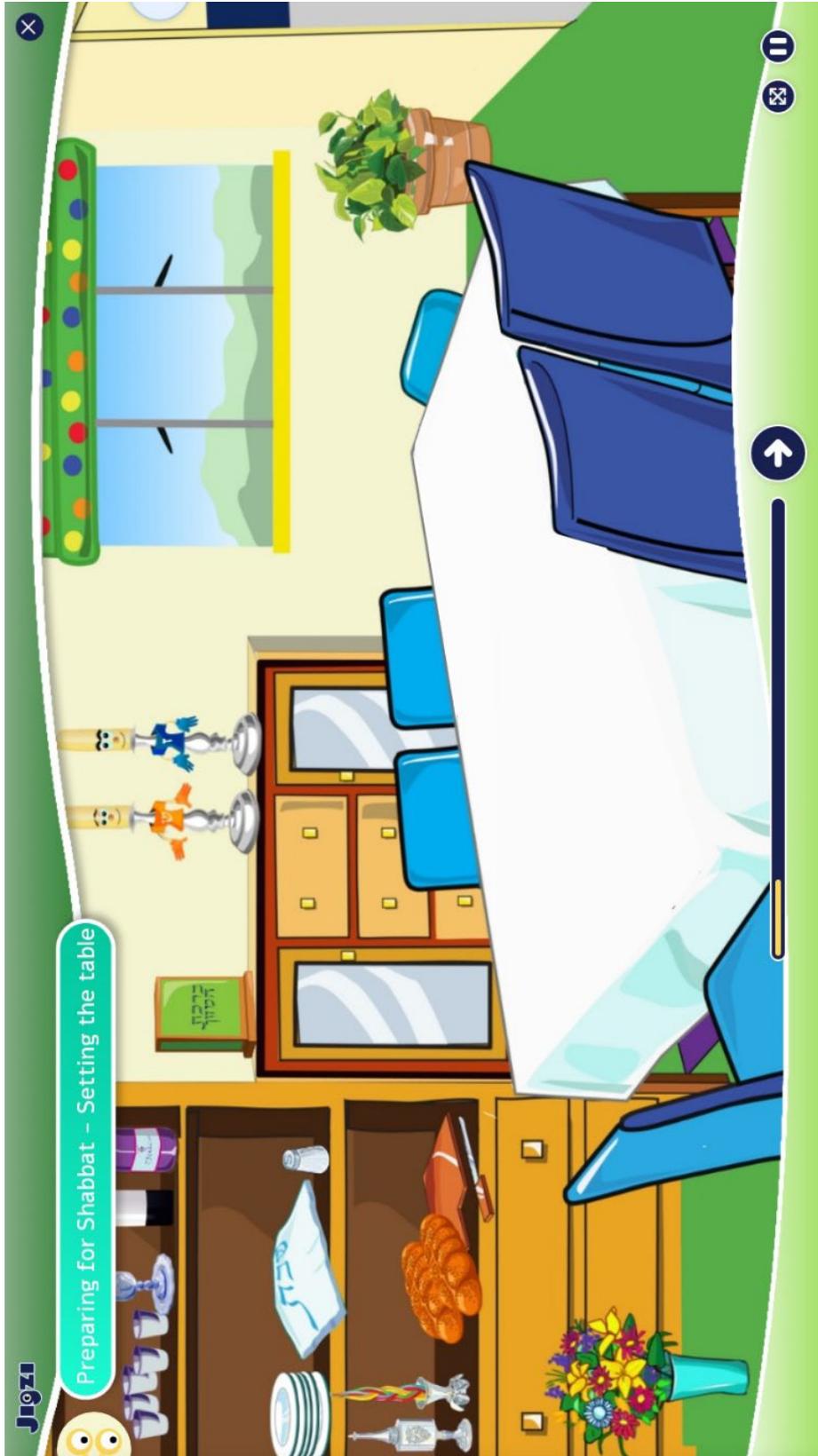




Worksheet: Preparing for Shabbat

Activity 4.1: Preparing the table

Colour in the Shabbat table below. Draw in everything you need for Friday night.

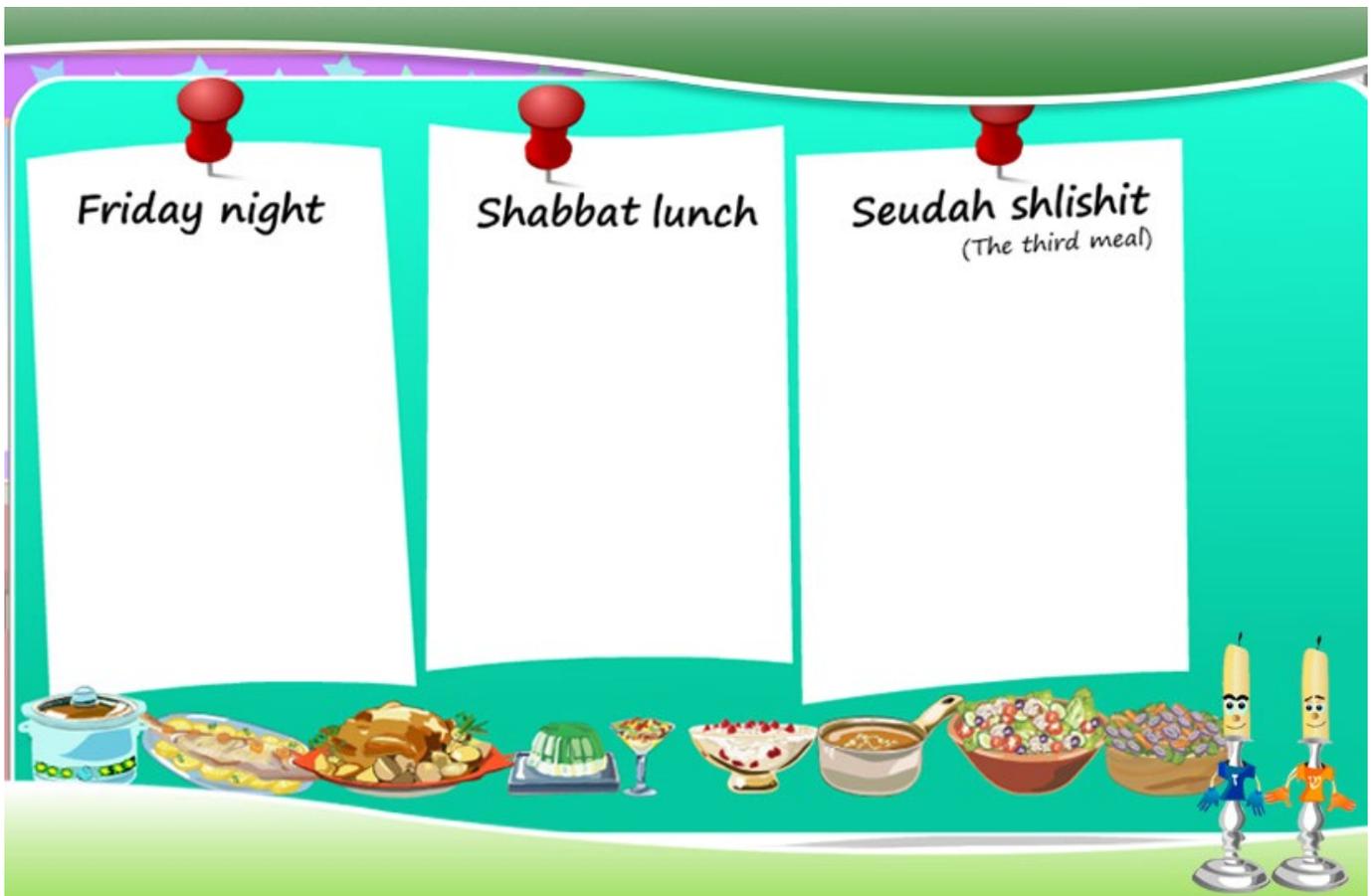


Activity 4.2: Act it out!

1. Do a play either alone or in groups.
2. Pretend that the king and queen are coming to visit you in a few hours for a special dinner.
3. Act out how you would prepare for your special guests to make them feel honoured and enjoy their stay.
4. Some examples are cleaning the house, setting the table, bathing and finding special clothes.

Activity 4.3: Preparing the food

- Draw pictures or write what foods you enjoy on Shabbat on your menu.
- Decorate it and make it look amazing.



Activity 4.4: Character Traits

- Print out the table below and cut it up.
- Place the right card in the right boxes.

Object	Character Trait	Reason
Candles		
Wine		
<i>Challah</i>		
<i>Challah</i> cover		
Salt		

Please cut out each square below:

Character Trait	Reason
Calmness/peace	Light brings peace
Have respect for your elders	Wine tastes better with age
Faith/ <i>Emunah</i>	The Israelites had to have faith to collect the two portions of manna on Friday
Not to embarrass people	We keep the <i>challah</i> covered until we bless the wine so as to not embarrass the <i>challah</i>
Being humble	By itself salt does not taste good, but when we add it to other foods it tastes better

✂

Activity 4.5: Bake Challot for Shabbat

Ingredients

- 1 teaspoon sugar
- ½ cup warm water
- 1 package yeast (10 g)
- ½ cup vegetable oil
- ¼ cup sugar
- 2 tsp salt
- 2 eggs, lightly beaten
- 3 ¾ cups flour (more if needed)
- 1 egg yolk beaten with 1 tsp water
- Poppy or sesame seeds



Directions

1. Dissolve 1 teaspoon sugar in ½ cup warm water in a large mixing bowl. Sprinkle yeast on top and let stand for 10 minutes. Stir to dissolve.
2. Add oil, sugar, salt, eggs and 1½ cups of flour. Beat well. Stir in an additional 1 - 1½ cups flour or so. The dough should be sticky.
3. Turn the dough out onto a floured board and knead for 10 minutes, adding flour as needed. Just a sprinkle on the board and your hands to keep the dough from sticking.
4. Place the dough in a large, oiled bowl, turning the dough so that it is lightly oiled all over.
5. Cover the dough and leave it to rise in a warm place for about 2 to 3 hours until it is double in size.
6. Divide the dough into 3 equal parts. Shape them into long strands. Place on a lightly greased baking sheet and loosely plait. Fasten ends securely by folding under the challah.
7. Preheat oven to 200°C (400°F)
8. Cover with a damp cloth and let it rise until double, 30-45 minutes.
9. Brush with beaten egg yolk and sprinkle with seeds. Bake at 200°C (400°F) for 30 minutes or so, until golden. Cool on cake rack.