

בס"ד



קונטרס



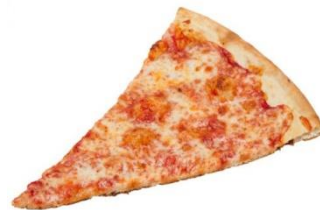
על



עניני ברכות



5TH & 6TH GRADE EDITION



נערך ע"י רבי בנימין פלאצקער ויעקב ישראל פאריינטי
בעיקר על פי הוראת הרב אליהו פסח פאלק
גייטסהעד, אנגליא



כולל גם פסקים מ:
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OHR REUVEN
YESHIVA KETANA

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|------------------------------------|------------------------|--------|--|
| Almond | Fruits & vegetables | העץ | |
| Almond, chocolate coated | Snacks | העץ | If outside is first sucked then 2 ברכות. |
| Alpha bits | Bread, cake, or cereal | מזונות | |
| Antibiotics, bitter tasting | Medicines | none | |
| Antibiotics, pleasant tasting | Medicines | שהכל | |
| Apple | Fruits & vegetables | העץ | |
| Apple cake | Bread, cake, or cereal | מזונות | |
| Apple juice /cider | Drinks | שהכל | |
| Apple kugel | Food served at meals | -----> | If flour added to give taste or to fill - מזונות, if flour is only added to bind – העץ. |
| Apple rings | Fruits & vegetables | העץ | |
| Apple sauce – chunky | Food served at meals | העץ | |
| Apple sauce – smooth | Food served at meals | שהכל | Pieces not recognizable. |
| Apple, baked | Food served at meals | העץ | Juice left in bowl requires no ברכה (unless it is drunk later). |
| Apricot | Fruits & vegetables | העץ | |
| Arbis (chick peas) | Fruits & vegetables | האדמה | |
| Asparagus | Fruits & vegetables | האדמה | Needs to be checked for bugs. |
| Avocado | Fruits & vegetables | העץ | If mixed into vegetable salad, it is 'botul' to 'רוב' vegetables and only האדמה is said. |
| Bagel | Bread, cake, or cereal | המוציא | |
| Baked beans | Fruits & vegetables | האדמה | |
| Baked beans with pieces of hot dog | Food served at meals | האדמה | |
| Baked potato | Fruits & vegetables | האדמה | |

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| Bamba | Snacks | שהכל | |
| Banana | Fruits & vegetables | האדמה | האדמה is ברכה Tree dies every year so |
| Barley | Fruits & vegetables | מזונות | Only pearl barley but complete barley is האדמה. |
| Barley soup | Food served at meals | מזונות | Even if barley is minority, since it is of the 5 grains, the brocho follows the barley. Only pearl barley but complete barley is האדמה and then 1/3 barley would be האדמה. Less is שהכל. |
| Beef | Food served at meals | שהכל | |
| Beets | Fruits & vegetables | האדמה | |
| Bisli | Snacks | מזונות | |
| Blintzes | Food served at meals | מזונות | |
| Blueberries | Fruits & vegetables | העץ | |
| Blueberry pie | Bread, cake, or cereal | מזונות | |
| Borekas | Food served at meals | מזונות | |
| Bread | Bread, cake, or cereal | המוציא | |
| Bread sticks | Snacks | מזונות | |
| Broccoli | Fruits & vegetables | האדמה | Needs to be checked for bugs. |
| Brownies | Bread, cake, or cereal | מזונות | |
| Brussel Sprouts | Fruits & vegetables | האדמה | Needs to be checked for bugs. |
| Burger | Food served at meals | שהכל | |
| Butter | Food served at meals | שהכל | |
| Cabbage | Fruits & vegetables | האדמה | Needs to be checked for bugs. |
| Calzone | Bread, cake, or cereal | --> | If having as a meal then המוציא. If having a small piece then מזונות. |
| Cantaloupe | Fruits & vegetables | האדמה | |
| Carob/buksar | Fruits & vegetables | העץ | Needs to be checked for bugs. |
| Carrots | Fruits & vegetables | האדמה | |
| Cashew nuts | Fruits & vegetables | העץ | |
| Cauliflower | Fruits & vegetables | האדמה | Needs to be checked for bugs. |

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| Celery | Fruits & vegetables | האדמה | Needs to be checked for bugs. |
| Champagne | Food served at meals | הגפן | |
| Cheerios | Bread, cake, or cereal | מזונות | |
| Cheese | Food served at meals | שהכל | |
| Cheese blintzes | Food served at meals | מזונות | |
| Cheese cake | Bread, cake, or cereal | מזונות | If base is just to support the cheese and not for taste then שהכל |
| Cheese curls | Snacks | שהכל | |
| Cherry | Fruits & vegetables | העץ | Needs to be checked for bugs. |
| Chestnuts, roasted | Fruits & vegetables | העץ | Needs to be checked for bugs. |
| Chewing gum | Snacks | שהכל | If sugar taste is finished then no ברכה is made. |
| Chex (corn) | Bread, cake, or cereal | שהכל | |
| Chicken | Food served at meals | שהכל | |
| Chicken soup –plain | Food served at meals | שהכל | |
| Chicken soup with knaidlach | Food served at meals | מזונות/ שהכל | מזונות on knaidlach, then שהכל on soup. |
| Chicken soup with vegetables | Food served at meals | שהכל | If vegetables are eaten separately, they require a ברכה. |
| Chicken, Southern fried | Food served at meals | -----> | If thick coating מזונות, if thin coating שהכל. |
| Chili | Food served at meals | האדמה | Assuming beans are the majority. If meat is, then שהכל. |
| Chocolate | Snacks | שהכל | |
| Chocolate cake | Bread, cake, or cereal | מזונות | |
| Chocolate coated wafer | Snacks | מזונות | |
| Chocolate milk | Drinks | שהכל | |
| Chocolate with rice crispies | Snacks | שהכל | |
| Chocolate with nuts | Snacks | שהכל | |

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| Chopped herring | Food served at meals | שהכל | If on a cracker, herring is בטל and only מזונות is made. |
| Chopped liver | Food served at meals | שהכל | |
| Chulent - beans, meat & potatoes | Food served at meals | -----> | Brocha is made on whatever is רוב. |
| Chulent - containing barley | Food served at meals | מזונות | Due to barley content. |
| Chumus | Food served at meals | שהכל | |
| Cider | Drinks | שהכל | |
| Coca cola | Drinks | שהכל | |
| Cocoa | Drinks | שהכל | |
| Cocoa Pebbles | Bread, cake, or cereal | מזונות | Like rice krispies - brocha achrona - בורא נפשות |
| Cocoa puffs | Bread, cake, or cereal | שהכל | Wheat flour is added as a binder |
| Coconut | Fruits & vegetables | העץ | |
| Coconut milk | Fruits & vegetables | שהכל | |
| Coffee | Drinks | שהכל | |
| Cole slaw | Food served at meals | האדמה | |
| Cookie Crisp | Bread, cake, or cereal | שהכל | Made from corn flour. No grain flour in ingredients. |
| Cookies | Bread, cake, or cereal | מזונות | |
| Corn chips | Snacks | שהכל | |
| Corn flakes (Kellogg's, Post) | Bread, cake, or cereal | האדמה | Pressed corn kernel, (reconstituted corn is שהכל according to some) |
| Corn muffin | Bread, cake, or cereal | --> | If contains flour, then מזונות. If no flour, then שהכל. |
| Corn on the cob | Fruits & vegetables | האדמה | Needs to be checked for bugs. |
| Corn pops | Bread, cake, or cereal | שהכל | |
| Corned beef | Food served at meals | שהכל | |
| Cottage cheese | Food served at meals | שהכל | |
| Cotton candy | Snacks | שהכל | |
| Cough drops | Medicines | שהכל | |

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| Couscous | Food served at meals | מזונות | |
| Cracker with tuna | Bread, cake, or cereal | מזונות | Tuna is בטל to cracker |
| Crackers | Bread, cake, or cereal | מזונות | |
| Craisins | Fruits & vegetables | האדמה | Dried cranberries. Plant grows very low to ground, בדיעבד hoetz is ok. |
| Cranberry | Fruits & vegetables | האדמה | Plant grows very low to ground, בדיעבד hoetz is ok. |
| Crepes | Food served at meals | מזונות | |
| Croutons – made from bread | Food served at meals | -----> | If pieces less than kizayis and boiled or fried-מזונות, if not then המוציא. |
| Croutons – small yellow | Food served at meals | מזונות | |
| Cucumber | Fruits & vegetables | האדמה | (If grown on cotton then שהכל.) |
| Cupcake | Bread, cake, or cereal | מזונות | |
| Date | Fruits & vegetables | העץ | |
| Doughnut | Bread, cake, or cereal | מזונות | |
| Duck | Food served at meals | שהכל | |
| Éclair | Bread, cake, or cereal | מזונות | |
| Edemame | Fruits & vegetables | האדמה | |
| Egg | Food served at meals | שהכל | |
| Egg matzoh | Bread, cake, or cereal | מזונות | If קובע סעודה then המוציא |
| Egg roll | Food served at meals | מזונות | |
| Eggplant | Fruits & vegetables | האדמה | |
| Eggs with vegetables | Food served at meals | -----> | If eggs are to enhance vegetables - האדמה, if vegetables are to enhance eggs – שהכל. |
| Falafel (pita bread) | Bread, cake, or cereal | המוציא | |
| Falafel balls | Food served at meals | שהכל | |
| Farfel | Food served at meals | מזונות | |
| Fig | Fruits & vegetables | העץ | Needs to be checked for bugs. |

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| Fish sticks | Food served at meals | -----> | Depends on thickness of coating - see fried fish. |
| Franks in blankets | Food served at meals | מזונות | |
| French fries | Food served at meals | האדמה | |
| French toast | Bread, cake, or cereal | המוציא | |
| Fried fish | Food served at meals | -----> | Thick coating- מזונות, thin coating- שהכל. |
| Frosted Flakes | Bread, cake, or cereal | האדמה | Pressed corn |
| Fruit cocktail | Food served at meals | -----> | If mostly העץ then all is העץ, if mostly האדמה then all is האדמה. |
| Fruit roll ups | Snacks | שהכל | |
| Fruit soup | Food served at meals | -----> | With pieces, is ברכה of main fruits, without pieces is שהכל. |
| Fruity pebbles | Bread, cake, or cereal | מזונות | |
| Garlic bread | Bread, cake, or cereal | המוציא | |
| Garlic, raw | Fruits & vegetables | שהכל | Not the דרך to eat. |
| Garlic, roasted | Fruits & vegetables | האדמה | |
| Gefilte fish | Food served at meals | שהכל | Flour in is to help bind |
| Ginger | Fruits & vegetables | האדמה | |
| Ginger ale | Drinks | שהכל | |
| Graham crackers | Bread, cake, or cereal | מזונות | |
| Granola | Bread, cake, or cereal | האדמה | Oats are only מזונות when cooked. |
| Granola bars | Snacks | ----> | Depends on level of process. If raw or steamed and then roasted - האדמה. If cooked then מזונות. This varies by brand! |
| Grapes | Fruits & vegetables | העץ | |
| Grape juice | Drinks | הגפן | |
| Grape soda | Drinks | שהכל | Artificial flavoring |
| Grapefruit | Fruits & vegetables | העץ | |
| Green beans | Fruits & vegetables | האדמה | |

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| Green pepper | Fruits & vegetables | האדמה | |
| Grilled cheese | Bread, cake, or cereal | המוציא | |
| Guava | Fruits & vegetables | העץ | |
| Gummy bears | Snacks | שהכל | |
| Gushers | Snacks | שהכל | |
| Halvah | Snacks | שהכל | |
| Hearts of Palm | Fruits & vegetables | האדמה | Since trees are cultivated nowadays to produce. |
| Herring | Food served at meals | שהכל | |
| Homentashen | Bread, cake, or cereal | מזונות | |
| Honey | Food served at meals | שהכל | |
| Honey cake | Bread, cake, or cereal | מזונות | |
| Honeydew | Fruits & vegetables | האדמה | |
| Horseradish | Food served at meals | שהכל | |
| Hot chocolate | Drinks | שהכל | |
| Hot dogs | Food served at meals | שהכל | |
| Hot peppers | Food served at meals | האדמה | |
| Ice cream | Snacks | שהכל | |
| Ice cream cone | Snacks | מזונות | |
| Ice cream in cone | Snacks | -----> | If cone is plain and is basically in place of cup it does not require ברכה - even when ice cream is finished, but if cone is flavored or he likes it, it requires a separate ברכה. |
| Ice cream sandwich | Snacks | -----> | Make מזונות on wafer on its own, then make a שהכל and eat a little ice cream on it's own. |
| Iced Tea | Drinks | שהכל | |
| Ices | Snacks | שהכל | |
| Instant potatoes | Food served at meals | שהכל | |
| Jelly beans | Snacks | שהכל | |
| Juice of canned fruit | Drinks | -----> | Has a ברכה of דין מי שלקות so same ברכה as the fruit. |
| Ketchup | Food served at meals | שהכל | |

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| Kidney beans | Fruits & vegetables | האדמה | |
| Kif Kaf | Snacks | מזונות | Wafer inside |
| Kishke | Bread, cake, or cereal | מזונות | |
| Kiwi | Fruits & vegetables | העץ | |
| Kix (cereal) | Bread, cake, or cereal | שהכל | |
| Knaidlach in chicken soup | Food served at meals | מזונות | |
| Knish | Food served at meals | מזונות | |
| Lady fingers | Bread, cake, or cereal | שהכל | Contains no flour |
| Laffy Taffy | Snacks | שהכל | |
| Lahit | Snacks | מזונות | Wafer inside |
| Lamb chops | Food served at meals | שהכל | |
| Lasagna | Food served at meals | מזונות | |
| Lasso laces | Snacks | שהכל | |
| Lemon | Fruits & vegetables | שהכל | Not the דרך to eat. |
| Lemon juice | Drinks | שהכל | |
| Lemonade | Drinks | שהכל | |
| Lentil soup | Food served at meals | האדמה | If pieces recognizable. If pureed – שהכל. |
| Lentils | Fruits & vegetables | האדמה | |
| Lettuce | Fruits & vegetables | האדמה | Needs to be checked for bugs. |
| Licorice | Snacks | שהכל | Flour in it is for binding purposes. |
| Liver | Food served at meals | שהכל | |
| Lollipop | Snacks | שהכל | |
| Lox | Food served at meals | שהכל | |
| Lychee | Fruits & vegetables | העץ | |
| Macadamia nuts | Fruits & vegetables | העץ | |
| Macaroni | Food served at meals | מזונות | |
| Macaroni & cheese | Food served at meals | מזונות | |

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| Macaroons | Bread, cake, or cereal | שהכל | |
| Mango | Fruits & vegetables | העץ | |
| Mango nectar | Drinks | שהכל | |
| Marshmallows | Snacks | שהכל | Often made with fish gelatin. Mouth needs to be washed out after fleishigs (barbecue). |
| Marzipan | Snacks | שהכל | |
| Matzo meal cake | Bread, cake, or cereal | מזונות | |
| Matzoh | Bread, cake, or cereal | המוציא | (פסח ספרדים for מזונות) |
| Matzoh brie | Food served at meals | מזונות | Since pieces are less than a כזית. |
| Matzoh cracker | Bread, cake, or cereal | מזונות | |
| Meat & vegetable stew | Food served at meals | -----> | Make brocho only on רוב. |
| Meat and potato pie | Food served at meals | -----> | Make brocho only on רוב. |
| Meat loaf | Food served at meals | שהכל | Flour is only added to bind. |
| Meatballs | Food served at meals | שהכל | |
| Meatballs & spaghetti | Food served at meals | -----> | If meatballs are eaten separately than 2 ברכות, if eaten together then only מזונות. |
| Medicine | Medicines | -----> | If unflavored - ברכה no. If flavored - better to first make שהכל on something else (aside from water). |
| Medicine - Juice in order to take | Drinks | שהכל | |
| Medicine - water in order to take | Drinks | none | |
| Melon | Fruits & vegetables | האדמה | |
| 'Mezonos bread' | Bread, cake, or cereal | -----> | Consult your Rov. |
| Milk | Drinks | שהכל | |
| Milk left in cereal bowl | Drinks | none | 'Botel' to cereal if drunk straight after eating. |
| Milk munch | Snacks | שהכל | |
| Milkshake | Drinks | שהכל | |

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| Mints | Snacks | שהכל | |
| Mouthwash | Medicines | None | Not considered food |
| Mouthwash strips | Medicines | None | Not considered food |
| Mushroom | Fruits & vegetables | שהכל | Grows from moisture, not the ground. |
| Mushroom & barley soup | Food served at meals | מזונות | Only pearl barley but complete barley is האדמה and then 1/3 barley would be האדמה. Less is שהכל. |
| Mushroom soup | Food served at meals | שהכל | |
| Mustard | Food served at meals | שהכל | |
| Nectarine | Fruits & vegetables | העץ | |
| Noodle cup soup | Food served at meals | מזונות | Due to large amount of noodles no שהכל is made. |
| Noodle kugel | Food served at meals | מזונות | |
| Nougat | Snacks | שהכל | |
| Nuts & raisins | Fruits & vegetables | -----> | If eaten separately העץ on raisins & האדמה on peanuts. If eaten together-רוב |
| Oatmeal | Bread, cake, or cereal | מזונות | Only cooked oatmeal. If it is raw then האדמה. |
| Oatmeal cookies | Bread, cake, or cereal | מזונות | |
| Olives (green & black) | Fruits & vegetables | העץ | |
| Olives with red stuffing | Fruits & vegetables | העץ | |
| Omelet | Food served at meals | שהכל | |
| Onion rings | Food served at meals | מזונות | Battered dipped onions. |
| Onion rings snack | Snacks | שהכל | |
| Onion rolls | Bread, cake, or cereal | המוציא | |
| Onion soup | Food served at meals | -----> | If thick from sautéed onions - האדמה, if from soup mix - שהכל. |
| Onion, fried | Food served at meals | האדמה | |
| Onion, raw | Fruits & vegetables | שהכל | Not the דרך to be eaten raw. |
| Orange | Fruits & vegetables | העץ | |
| Orange juice | Drinks | שהכל | |

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| Pancakes | Food served at meals | מזונות | |
| Papaya | Fruits & vegetables | האדמה | ברכה is unclear as has qualities of vegetable and fruit. Best to 'patur' by making העץ and האדמה on other foods. If no option, ברכה is האדמה. |
| Passion fruit | Fruits & vegetables | העץ | |
| Peach | Fruits & vegetables | העץ | |
| Peach pie | Bread, cake, or cereal | מזונות | |
| Peaches & cream | Food served at meals | העץ | |
| Peanut butter filled pretzels | Snacks | מזונות | |
| Peanut butter – smooth | Food served at meals | -----> | If American peanut butter (not 'American Style') then האדמה since most American peanuts are grown for peanut butter; otherwise unclear. |
| Peanut butter, crunchy | Food served at meals | האדמה | |
| Peanut chews (peanuts, caramel, chocolate) | Snacks | -----> | If eater views peanuts as main and other ingredients are to enhance the peanuts then האדמה, if eater views chocolate and caramel as main then שהכל. |
| Peanut chews (rice crispies & peanut butter) | Snacks | מזונות | |
| Peanuts | Fruits & vegetables | האדמה | |
| Peanuts, chocolate coated | Snacks | האדמה | If outside is first sucked then 2 ברכות. |
| Peanuts, sugar coated | Snacks | -----> | If coating is hard and eaten before nut make שהכל on coating and before eating the nut make האדמה. If thin layer of sugar only האדמה. |
| Pears | Fruits & vegetables | העץ | |
| Peas | Fruits & vegetables | האדמה | |
| Pecans | Fruits & vegetables | העץ | |
| Persimmon | Fruits & vegetables | העץ | |
| Pesach cake | Bread, cake, or cereal | ----> | Made w/ matzo meal – מזונות. Made w/ potato flour – שהכל. |
| Pickles | Fruits & vegetables | האדמה | |

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| Pie | Bread, cake, or cereal | מזונות | Dough is the עיקר even if it is less than רוב |
| Pineapple | Fruits & vegetables | האדמה | Tree dies every year so ברכה is האדמה. |
| Pineapple juice | Drinks | שהכל | |
| Pistachio | Fruits & vegetables | העץ | First make העץ and eat nut before sucking salt on shell. |
| Pita | Bread, cake, or cereal | המוציא | |
| Pita chips | Snacks | מזונות | In most cases they are baked in chip form. |
| Pizza - made with fruit juice | Bread, cake, or cereal | -----> | Less than 1½ slices and not satisfied 'mezonos', 1½ or more and NOT satisfied 'shaaleh' of 'hamotzi', 1½ or more and satisfied - 'hamotzi' (Consult your Rov) |
| Pizza - made with water | Bread, cake, or cereal | המוציא | |
| Plum | Fruits & vegetables | העץ | |
| Pomegranate | Fruits & vegetables | העץ | |
| Popcorn | Snacks | האדמה | |
| Potato | Fruits & vegetables | האדמה | |
| Potato chips | Snacks | האדמה | |
| Potato knish | Food served at meals | מזונות | |
| Potato kugel | Food served at meals | האדמה | If pieces recognizable. If pureed – שהכל. |
| Potato latkes | Food served at meals | -----> | If from instant packet or very fine - שהכל, if recognizable – האדמה. |
| Potato soup | Food served at meals | האדמה | If pieces recognizable. If pureed – שהכל. |
| Potatoes, mashed | Fruits & vegetables | האדמה | Since the way is to be mashed. |
| Potatoes, raw | Fruits & vegetables | שהכל | Since inedible to most people. |
| Pretzel – hard | Bread, cake, or cereal | מזונות | |
| Pretzel – soft | Bread, cake, or cereal | המוציא | Meets all criteria of bread |
| Pringles | Snacks | שהכל | They are first dried, pulverized, and reshaped. Some hold they are האדמה as they are reshaped to look like potato chips. {Some are cholov stam.} |
| Prunes | Fruits & vegetables | העץ | |

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| Pudding | Food served at meals | שהכל | |
| Puffed pastry | Bread, cake, or cereal | מזונות | |
| Puffed rice | Bread, cake, or cereal | מזונות | Made from uncooked rice – Some hold האדמה & some hold שהכל |
| Puffed wheat | Bread, cake, or cereal | מזונות | Made from uncooked wheat – Some hold האדמה & some hold שהכל |
| Pumpkin | Fruits & vegetables | האדמה | |
| Pumpkin seeds | Fruits & vegetables | האדמה | |
| Pureed fruit | Food served at meals | שהכל | |
| Quiche | Food served at meals | מזונות | |
| Quinoa | Fruits & vegetables | האדמה | Part of the legume (bean) family |
| Radish | Fruits & vegetables | האדמה | |
| Raisin bran | Bread, cake, or cereal | מזונות | |
| Raisins | Fruits & vegetables | העץ | |
| Raisins, chocolate coated | Snacks | העץ | If outside is first sucked then 2 ברכות. |
| Raspberry | Fruits & vegetables | העץ | Needs to be checked for bugs. |
| Ravioli | Food served at meals | מזונות | |
| Raw dough | Bread, cake, or cereal | שהכל | Not דרך to be eaten. |
| Raw garlic | Fruits & vegetables | שהכל | Not דרך to be eaten. |
| Rice | Food served at meals | מזונות | בורא נפשות. |
| Rice cakes | Snacks | -----> | Some say מזונות, some say האדמה. בורא נפשות. |
| Rice Crispies | Bread, cake, or cereal | מזונות | First cooked. Brocha achrona - בורא נפשות |
| Rugelach | Bread, cake, or cereal | מזונות | |
| Rum | Drinks | שהכל | |
| Sabra/prickly pear | Fruits & vegetables | העץ | |
| Salami | Food served at meals | שהכל | |

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| Salmon | Food served at meals | שהכל | |
| Salt | Food served at meals | שהכל | |
| Sauerkraut | Food served at meals | האדמה | |
| Scallion | Fruits & vegetables | האדמה | Needs to be checked for bugs. |
| Sesame seed candy | Snacks | האדמה | |
| Sesame seeds | Fruits & vegetables | האדמה | |
| Sherbet | Food served at meals | שהכל | |
| Shish kabob | Food served at meals | האדמה and שהכל | Since meat and vegetables are eaten separately. |
| Shnitzel | Food served at meals | -----> | שהכל – מזונות, if thick coating |
| Shredded wheat | Bread, cake, or cereal | מזונות | |
| Snackers | Bread, cake, or cereal | מזונות | |
| Snow peas | Fruits & vegetables | האדמה | |
| Soda | Drinks | שהכל | |
| Soup with noodles | Food served at meals | -----> | If one-third noodles then only mezonos, if less, then mezonos & shehakol. |
| Sour cream | Food served at meals | שהכל | |
| Sour sticks | Snacks | שהכל | |
| Southern fried chicken | Food served at meals | מזונות | Thick coating. |
| Spaghetti | Food served at meals | מזונות | |
| Spinach | Fruits & vegetables | האדמה | Needs to be checked for bugs. |
| Split pea soup | Food served at meals | -----> | If recognizable - האדמה, if fully dissolved – שהכל. |
| Sponge cake | Bread, cake, or cereal | מזונות | |
| Starfruit | Fruits & vegetables | העץ | |
| Strawberry | Fruits & vegetables | האדמה | Needs to be checked for bugs |
| Strawberry shortcake | Bread, cake, or cereal | מזונות | |

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| String beans | Fruits & vegetables | האדמה | |
| Stuffed cabbage- with meat | Food served at meals | שהכל | Meat is רוב. |
| Stuffed cabbage with rice and meat | Food served at meals | -----> | Make ברכה on whichever is רוב. |
| Stuffed chicken | Food served at meals | -----> | מזונות on stuffing then שהכל on plain chicken. |
| Stuffed pepper | Food served at meals | -----> | If eaten separately, 2 ברכות, if not רוב. |
| Stuffing | Food served at meals | מזונות | |
| Sugar | Food served at meals | שהכל | |
| Sugar puffs | Bread, cake, or cereal | מזונות | Some hold האדמה & some hold שהכל |
| Sunflower seeds | Fruits & vegetables | האדמה | In shell needs to be checked for bugs!! First make האדמה and eat seed before sucking salt on shell. |
| Sushi | Food served at meals | -----> | ברכה follows whatever is the majority. Deep fried (Tempura) is מזונות as batter is flour. |
| Sweet potato | Fruits & vegetables | האדמה | |
| Taco chips | Snacks | שהכל | |
| Tam tams | Bread, cake, or cereal | מזונות | |
| Tangerine | Fruits & vegetables | העץ | |
| Tea | Drinks | שהכל | |
| Tea loaf | Bread, cake, or cereal | מזונות | As long as one is not סעודה |
| Techina | Food served at meals | שהכל | |
| Toast | Bread, cake, or cereal | המוציא | |
| Tofutti | Snacks | שהכל | Soy ice cream. |
| Tomato | Fruits & vegetables | האדמה | If grown in water then שהכל. |
| Tomato juice | Drinks | שהכל | |
| Tomato soup | Food served at meals | שהכל | |
| Tomato soup with rice | Food served at meals | -----> | If one-third rice then only מזונות, if less, then שהכל. |
| Tongue | Food served at meals | שהכל | |

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| Tuna fish | Food served at meals | שהכל | |
| Tuna macaroni casserole | Food served at meals | מזונות | |
| Turkey | Food served at meals | שהכל | |
| Turnip | Fruits & vegetables | האדמה | |
| Tylenol, flavored | Medicines | שהכל | If taste is pleasant. |
| Vanilla pudding | Food served at meals | שהכל | |
| Vegetable salad | Food served at meals | האדמה | |
| Vegetable soup | Food served at meals | האדמה | If one-third veg. and pieces recognizable, if less – שהכל. |
| Vegetable soup with barley | Food served at meals | מזונות | |
| Vegetarian burger | Food served at meals | שהכל | |
| Vitamins, flavored | Medicines | שהכל | |
| Vitamins, Unflavored | Medicines | None | |
| Wafers | Snacks | מזונות | |
| Waffles | Food served at meals | מזונות | |
| Walnuts | Fruits & vegetables | העץ | |
| Water | Drinks | שהכל | |
| Watermelon | Fruits & vegetables | האדמה | |
| Wheeties | Bread, cake, or cereal | מזונות | |
| Whipped cream | Food served at meals | שהכל | |
| Whiskey | Drinks | שהכל | |
| Whole wheat bread | Bread, cake, or cereal | המוציא | |
| Wraps | Bread, cake, or cereal | המוציא | Unfilled would be מזונות. Filled is המוציא. |
| Yerushalmi kugel | Food served at meals | מזונות | |
| Yogurt | Food served at meals | שהכל | Fruit is בטל. |
| Zucchini | Fruits & vegetables | האדמה | |