

**Birkat Hamazon Unit**  
**Birkat Hamazon as a Prayer and a Blessing, Lesson 8**  
**Types of Berachot Handout**



**ברכות הנהנין**

***Berachot Hanehenin*** (blessings for benefit/pleasure)

These blessings are recited before eating, drinking or smelling pleasant fragrances:

- Eating food (separate blessings for bread, foods made from grain, vegetables, fruit, etc.)
- Drinking (separate blessings for wine/grape juice, all other drinks)
- Smelling separate blessings for fragrant spices, fruit, shrubs/trees, plants/herbs)

**ברכות המצוות**

***Berachot Hamitzvot*** (blessings for mitzvot)

These are blessings recited before doing a mitzvah, for example:

- Hanging a mezuzah
- Immersing in a *mikveh* (ritual bath)

**ברכות הודאה**

***Berachot Hodaah*** (blessings for praise)

These are blessings that express praise and thanks to God:

- *Modeh/Modah Ani* (“I give Thanks”) – morning prayer
- *Ma Tovu* (“How Goodly are Your Tents”) - prayer recited when entering a synagogue or shortly after
- *Shalom Aleyhem* (“Peace Be Unto You”) – traditional Sabbath prayer