



Round Challah

Instead of the usual braided challah we eat a round challah. The special round challah reminds us of the roundness of the year and tells us that the coming year will be fruitful.



Sour foods

We try not to eat things that are sour or bitter. We definitely do not want a sour or bitter year.



Apple Dipped in Honey

We take an apple which is sweet (not a green, tart apple) and dip it into sweet honey, trusting and praying that Hashem will grant us a sweet year. On Rosh Hashanah, we eat many sweet foods for the same reason.



Nuts

We do not eat nuts, because it may fill our mouths with saliva which will interfere with our praying.



When we dip the apples in honey, we say the blessing:

1 Blessed are You, Hashem, Ruler over all the earth **בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם**

WHO CREATES THE FRUIT OF THE TREE. (Amen)

בוֹרֵא פְּרֵי הָעֵץ:

Before we take a bite, we say a special prayer for a good and sweet new year.

2 May it be Your will

יְהִי רְצוֹן מִלְּפָנֶיךָ

To renew us

שְׁתַּחֲדֵשׁ עֲלֵינוּ

For a good and sweet year

שָׁנָה טוֹבָה וּמְתוֹקָה:

Celebrating Rosh Hashanah at Home



We celebrate Rosh Hashanah in the synagogue and at home. We wear our best clothes, set a pretty table, light candles, and eat a delicious holiday meal.

The holiday meal is a very important part of celebrating Rosh Hashanah. We should thank those who made the food which we are enjoying on this special day.

During the meal, we eat special foods.

The special foods remind us of the unique quality of Rosh Hashanah. There are foods that we do eat and those that we do not eat that remind us of the mood and reasons of Rosh Hashanah.

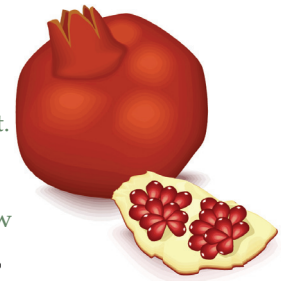
Carrots

Carrots symbolize the Yiddish word "merren" which means more. We want more of all the good things in life: More happiness, more health, and more success.

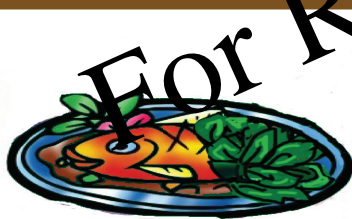


Pomegranates

Pomegranates are symbolic of 'plenty'. Have you ever tried to count how many seeds there are in a pomegranate? There are too many to count. We ask Hashem for plenty of health and happiness for the New Year, just like there are many seeds in a pomegranate.



Head of a fish



We eat a fish head so that we will be "like the head and not like the tail." We want to be on top this year, and not on the bottom.

WORDS TO KNOW

Brachot/ Bracha A bracha is a blessing. Jews say brachot before pleasurable things like eating and drinking or smelling something nice. We also say a bracha before doing a mitzvah. When we say a bracha, we stop and focus on the moment, and thank Hashem for the experience.