



## TASTING TUBISHVAT

Submitted by: REBECCA SWARTZ

**Subject Area: Values, Jewish Living and Identity, Holidays**

**Single Session Family Education Program**

**Target Age Group(s): Family Education for Early Childhood/Primary Grades**

Objectives: In this family education program, children and families will learn about the holiday of TuBishvat, The New Year for Trees by tasting and exploring various fruits that are significant to the land of Israel. Each family or parent child pair collects stickers on a Chart which represents the different types of fruits and their names in Hebrew. Children and families will have the chance to look at photos of various trees that grow in Israel and in our climate, and discuss the reasons why trees help people and how people can help trees. The families will create a tree collage/mural with leaves that explain how trees help people and people help trees. The program will conclude with a sing a long in which the children and families will learn Hebrew songs related to TuBishvat, deepening their experience and connection to how TuBishvat is celebrated in Israel. This family education program was implemented for TuBishvat 5766 in the Boulder Jewish Day School Early Childhood Program.

The Learning Objectives are:

1. Identify Various Fruits which grow in Israel and learn their Hebrew names.
2. Experience various types of fruit and compare and contrast the fruit's attributes.
3. Demonstrate their knowledge of the role of trees in human life and how humans can preserve trees.
4. Experience a connection to the land of Israel through singing songs and celebrating the New Year for the trees as is done in Israel.

Materials:

1. Fruits for Tasting (Determine the amount based on your number of participants)  
(Apricots, apples, dates, nuts, carob, raisins, citrus fruit, and cookies or other food made of wheat.)
2. 2 pieces of Large Chart Paper
3. Leaves cut out of construction paper
4. Stickers
5. Markers
6. Song sheets with TuBishvat Songs that the children have learned in previous class sessions  
(Consult your music teacher or children's recordings)



## TASTING TUBISHVAT

Submitted by: REBECCA SWARTZ

### Directions:

1. Prepare a list of fruits that you will be serving to the families so the children can collect stickers for tasting different fruits.
2. On the chart paper, write, “How trees help people” and “How people help trees as a title. Draw the outline of a tree trunk and branches on each paper.
3. Set out the fruits on tables with signs with their Hebrew and English names. Also set out baskets of markers, stickers, and leaf cut outs.
4. After all of the families have arrived, make a bracha for eating tree fruits (borei pri ha etz) and wheat items (borei minei mezonot) and encourage families to taste and explore the different fruits.
5. Encourage the families to decorate leaves with drawings of how people help trees and trees help people. They can tape their paper leaves onto the drawings of tree trunks you have prepared.
6. If time permits, gather for a closing song session. Some songs that are suggested are:
  1. Hashkeydiah Porachat (The Almond Tree),
  2. Atzey Zetim Omdim (Olive Trees are Standing),
  3. Trees are Blowing in the Wind, by Debbie Friedman, and Hiney Mah Tov.