

מצות
עשה
#19

 We learn this mitzvah from Parshas Eikev: (דברים ח"י)

וְאָכַלְתָּ וּשְׂבַעְתָּ וּבֵרַכְתָּ
אֶת ה' אֱלֹהֶיךָ וְגו'

Today in *Sefer Hamitzvos* we learn the same *mitzvah* again — that after we eat, we need to *bentch*.

 The details of this mitzvah are explained in Mishnayos & Gemara: *Mesechta Brachos* in many places

Rambam: Hilchos Brachos

PEREK ZAYIN

The Rambam teaches us the *halachos* of *Derech Eretz B'Seudah* — the *mentchlich* way to act at a meal. For example, you shouldn't look at someone else eating, or at someone else's plate, so that you won't embarrass him. Another *halacha* is that you shouldn't throw food or ruin it.

PEREK CHES

We learn about the *brachos* on food, aside for *Mezonos* and *Hamotzi*, which we already learned earlier.

Many of the *Geonim* before the Rambam said that sugar cane is either *Ha'eitz* or *Ho'adamah*. The Rambam says that it is not a fruit, and we need to make a *Shehakol*.

If you put food into your mouth without making a *bracha*, what do you do? Do you know?

PEREK TES

Just like we're not allowed to enjoy eating food without a *bracha*, we aren't allowed to enjoy a good smell without a *bracha*. We do this at *Havdalah* every week — *Borei Minei Besamim*!

There are specific *brachos* for smells, depending on where the smell comes from, like from a plant or from a flower. Just like *Shehakol* is a general *bracha* for food, *Borei Minei Besamim* is a general *bracha* for smells.

There are certain smells we don't make a *bracha* on at all, like smells from *Avodah Zarah*.