ISRAEL

This module explores the meaning of "Israel" as a concept, as a place, and as a people throughout Jewish history. In every workshop, we will explore "Israel Then" and "Israel Now" to contextualize each theme in the modern state of Israel today.

WORKSHOP 1: THE IMPORTANCE OF NAMES

RECIPE: CJA'S ISRAELI FALAFEL



COOKING CONNECTION

In the kitchen, we can learn a lot about a dish from what it's named or even what the cooking technique is called. When we take time to research and understand the name and contents of an unfamiliar dish, we are not only expanding our culinary knowledge, but also expanding our cultural understanding.



JEWISH CONNECTION

Israel has had many different names due to many different changes in power. In this workshop, we will explore what it means to define our people by the translation of the name "Israel," "to struggle with G-d."



EVERYDAY CONNECTION

Names are a huge part of defining identity. Whether we're talking about a person, place, or anything else with a name, what we call something holds meaning.

WORKSHOP 2: JERUSALEM

RECIPE: CJA'S SWEET ISRAELI COUSCOUS



HELLO

my name is

ISRAEL

COOKING CONNECTION

JEWISH CONNECTION

hold you for many many years.

In so many ways, food can act as the ultimate connector between people whether it be friends or family.

Jerusalem has remained a symbol of hope for Jews who, for long stretches of time in history, were



unable to return there. Because Jews not only kept the history of the city alive but actually the memory, we continue to feel connected to this place no matter where we are in the world today. That's how

Jerusalem has served as the spiritual center of life for Jews for thousands of years. EVERYDAY CONNECTION Some "centers of life" will only be temporary, but sometimes a center of life can continue to support and



WORKSHOP 3: HERZL - IF YOU WILL IT

RECIPE: CJA'S ZA'ATAR ENCRUSTED ROASTED CAULIFLOWER



COOKING CONNECTION

Sometimes when we feel overwhelmed, it keeps us from trying new things. However, attempting to cook

new foods is one of the best ways to grow as a chef in the kitchen!



undertook felt impossibly big, he was able to break it down into meaningful projects that ultimately led

JEWISH CONNECTION

to the creation of the state of Israel! EVERYDAY CONNECTION

The movement of Zionism was started by Theodor Herzl in the late 1800s. Although the goal he



We can learn from Herzl's example to not be afraid to start an important and seemingly monumental project just because you might not be able to complete it. Instead, take one step forward at a time in pursuit of your dreams!



WORKSHOP 4: WHY WE DANCE

RECIPE: CJA'S BASMATI AND WILD RICE WITH CHICKPEAS, CURRANTS & HERBS

COOKING CONNECTION

In a professional kitchen and restaurant, everything is choreographed like a perfect dance and it's this

fluid movement and rhythm that yields well-executed and delicious recipes. JEWISH CONNECTION



Jews immigrating to Israel from all over the world had many things in common, like Shabbat, holidays, and the Torah, but each group also came with their own diasporic culture. Traditional folk dance unified all of these different Jews not just religiously as Jews, but culturally as Israelis, coming together



EVERYDAY CONNECTION

to tell the stories of the new nation.

One of the best ways to bring different people together is by creating a shared experience, like a dance.





COOKING CONNECTION

This workshop is all about "strong body, strong mind," meaning that we need to fuel both our mind and body to live our best life! Developing your skills in the kitchen to cook nourishing and filling meals and snacks means that you have the independence to cook, eat, and move on your own schedule and listen to what your body needs.



JEWISH CONNECTION

Jewish culture includes a rich tradition of sports and physical activity! In this workshop, we'll track how our ancient connection to sports translates to the modern day with many well-known athletes and competitive leagues.



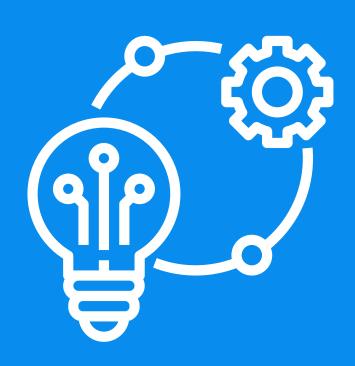
EVERYDAY CONNECTION

Next time you engage in a sports activity, you can connect to an ancient Jewish tradition of fueling your body along with your mind!



WORKSHOP 6: TECHNOLOGY

RECIPE: CJA'S TAHINI BLONDIE



COOKING CONNECTION

We have great innovators, both Israeli and around the whole world, to thank for the development of kitchen technology that makes our work in the kitchen so much easier today.



JEWISH CONNECTION

Israel is described as a place that is a little chutzpadik - a place that imagines the impossible and takes risks. Technology developed in Israel is now used all over the world!



EVERYDAY CONNECTION

see it as an invitation to thrive. Innovation happens when you are not afraid to take risks.



Some people are faced with many challenges and give up. Others are faced with many challenges and

WORKSHOP 7: AGRICULTURE



COOKING CONNECTION Our earliest people cooked together in a community. Aside from restaurants and communal living

spaces, most of us live alone in single family units. We educate ourselves on better techniques, sustainability, and secrets of the trade when we research and when we share.



JEWISH CONNECTION

Today Israelis are using technology and out of the box thinking to bring more food to more people through innovative agricultural practices.



EVERYDAY CONNECTION

when we share, builds a stronger community.

CLICK HERE!

When we learn and pass something on, everyone benefits. Skilling up benefits us in the short-term, and

LOOKING FOR MORE? CHECK OUT OUR **WEBSITE!**

RECIPE: CJA'S CREAMY PEA AND MUSHROOM PASTA

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