

# 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 FALFEL



### 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



### COOKING CONNECTION

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



### JEWISH CONNECTION

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 hold you for many many years.

## 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!



### JEWISH CONNECTION

The movement of Zionism was started by Theodor Herzl in the late 1800s. Although the goal he undertook felt impossibly big, he was able to break it down into meaningful projects that ultimately led to the creation of the state of Israel!



### EVERYDAY CONNECTION

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 to tell the stories of the new nation.



### EVERYDAY CONNECTION

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

## WORKSHOP 5: SPORTS – STRONG BODY, STRONG MIND

RECIPE: CJA'S SPINACH-ONION KNISHES



### 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

Some people are faced with many challenges and give up. Others are faced with many challenges and see it as an invitation to thrive. Innovation happens when you are not afraid to take risks.

## WORKSHOP 7: AGRICULTURE

RECIPE: CJA'S CREAMY PEA AND MUSHROOM PASTA



### 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 learn and pass something on, everyone benefits. Skilling up benefits us in the short-term, and when we share, builds a stronger community.

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