

# Eating to the Clock

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**M**any people are very conscientious about time span eating when it comes to Pesach, but don't realize that these concepts are relevant every day of the year.

**כדי אכילת פרס** - There was an oral law given to Moshe at Sinai that to be considered an act of eating, one must eat a כזית - half egg, in a time span called כדי אכילת פרס (enough time to eat a Talmud-time half loaf), which many Gedolim held was approximately four minutes. Only if one eats a half egg volume within a four minute span is he 1) fulfilling the mitzvah 2) obligated to bentch (after eating bread) and 3) obligated to make an after bracha.

**Pesach** - One needs to eat his required amount of Matzah within four minutes. If he eats two such measures (one from the top and one from the middle Matzah), he has four minutes for each shiur. The same is true for Maror and Afikoman.

**The Entire Year** - Every time one eats, he should do so in a way that there is no doubt about his saying an after Bracha. He should make sure to eat a half egg volume in some four minute span – and in a bread meal that amount of bread.

**Shabbos** - Some people make a mistake and nibble their slice of Shabbos meal challah, a bit with the fish, a bit with the soup, and a bit with the salad and chicken. If no half egg amount was eaten in any four minute span, then their bentching is a בטלה ברכה. There are those who always eat a כזית after המוציא without speaking, to make sure they have a proper obligation to bentch, but in halacha any four minute span during the meal is enough.

**Drinking** - The shiur for an after bracha on liquids is a רביעית – three or three and half ounces. The Poskim argue regarding the time span for liquids. Some say the span is four minutes. Others say it is a very short time span of about 15 seconds. Ashkenazim try to fulfill the strict opinion (and when drinking hot tea try to leave to the end three ounces cool enough to drink within about 15 seconds). If it did not work out but he did drink three ounces within four minutes, he should still make an after bracha.

**Yom Kippur** - When feeding a dangerously sick person on Yom Kippur, if eating slowly is a safe option, the time span and amounts to split up the eating are different and a Rav should be consulted. 🕒