



Happy Shavuot
חג שבועות שמח



Shavuot Adventures Celebrate Shavuot with Fun & Food!



Shavuot is a special Jewish holiday filled with meaningful traditions, stories, and delicious dairy treats like pizza, pasta, pies, and cheesecakes.

Parents and kids,
get ready to have fun and learn all about Shavuot!
Test your Shavuot knowledge with our fun quiz
(answers on the last page)
and cook Shavuot dinner together with the help
of our delicious recipes!

1

What is the connection between the story of Ruth and Shavuot?

- A. Ruth was the mother of Moses, who received the Torah
- B. Ruth was one of the Ten Commandments given on Shavuot
- C. The story of Ruth takes place during Shavuot
- D. Ruth was born on Shavuot

2

What is the meaning of the word "Shavuot" in Hebrew?

- 1. "weeks" in Hebrew
- 2. "joy" or "happiness" in Hebrew
- 3. "prayer" in Hebrew
- 4. "harvest" in Hebrew

3

Why is Shavuot called "Shavuot"?

- 1. Because it involves a feast for a whole week
- 2. Because it lasts several weeks
- 3. Because it marks the end of a long fasting period
- 4. Because it is celebrated seven weeks after Passover

4

What is the significance of the number seven in relation to Shavuot?

- 1. There are seven special prayers said on Shavuot
- 2. It is celebrated seven weeks after Passover
- 3. Shavuot marks seven days of feasting
- 4. It is the seventh day of the month



5

Which biblical event is commemorated on Shavuot?

1. The parting of the Red Sea
2. The building of Solomon's Temple
3. The giving of the Torah (Ten Commandments) at Mount Sinai
4. The Exodus from Egypt

6

What food is typically eaten on Shavuot?

1. Fish
2. Fruits
3. Meat
4. Dairy products

7

What is the name of the custom of staying up all night to study Torah on Shavuot night?

1. Lail Ha'Dibrot (Night of the Ten Commandments)
2. Tikkun Leil Shavuot (Rectification of the Shavuot Night)
3. Mishmar Shavuot (Shavuot Watch)
4. Chagiga Kol Ha'LAYla (All-Night Celebration)

8

Which biblical book is traditionally read on Shavuot?

1. Sefer Bereshit (Book of Genesis)
2. Sefer Vayeikra (Book of Leviticus)
3. Sefer Shemot (Book of Exodus)
4. Megilat Ruth (Book of Ruth)



9

What is the significance of reading the Book of Ruth on Shavuot?

1. Ruth was the first woman to receive the Torah
2. Ruth's story reflects themes of kindness and conversion
3. Ruth's journey is a metaphor for the Exodus from Egypt
4. Ruth was a famous prophet

10

What are the Seven Species associated with the Land of Israel, often eaten on Shavuot?

1. Apples, oranges, bananas, strawberries, grapes, lemons, and cherries
2. Almonds, walnuts, cashews, peanuts, pecans, hazelnuts, and chestnuts
3. Wheat, barley, grapes, figs, pomegranates, olives, and dates
4. Rice, beans, lentils, corn, peas, potatoes, and wheat

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What do the Jewish people do with the first fruits of the harvest on Shavuot?

1. Save them for Sukkot
2. Bake them into challah bread
3. Distribute them to the poor
4. They were given as offerings in the Temple (in ancient times)

12

Which of the Ten Commandments directly speaks about the observance of Shavuot?

1. The first commandment (I am the Lord your God...)
2. The third commandment (You shall not take the name of the Lord your God in vain...)
3. The fourth commandment (Remember the Sabbath day...)
4. The second commandment (You shall not make for yourself an idol...)



13

Which musical instrument is traditionally associated with Shavuot?

1. Violin
2. Trumpet
3. Harp
4. Flute

14

Which of the following is not a custom associated with Shavuot?

1. Decorating the home with flowers
2. Reading the Book of Tehilim
3. Lighting candles for each night of Shavuot
4. Eating dairy foods

15

What is the purpose of the custom of decorating the home with flowers and greenery on Shavuot?

1. To attract bees for honey production
2. To commemorate the parting of the Red Sea
3. To honor the giving of the Torah at Mount Sinai
4. To celebrate the arrival of spring

16

What is the traditional blessing for Shavuot in Hebrew?

1. L'chaim (To life)
2. Shalom (Peace)
3. Chag Sameach (Happy holiday)
4. Yom Tov (Good day)



LET'S

GET

COOKING!





The Olive's House

INGREDIENTS

100 ml milk

50 g butter (1/2 a stick)

3 eggs

1 tbs cocoa

2 tsp baking soda

a pinch of salt

3 eggs

DIRECTIONS

- In a bowl or food processor, add the flour, soft butter, sour cream, and Parmesan cheese. Mix or blend well to obtain a uniform and sticky dough.
- Transfer the dough to the refrigerator for half an hour.
- Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- Form the dough into balls the size of ping pong balls. Flatten each ball into a dough circle and place one olive and a small cheese cube in the center. Gently cover and seal the dough around the olive and cheese to form a ball.

For the coating:

- In one bowl, mix the egg and milk, and in another bowl, mix the sesame seeds with the salt.
- Dip each ball into the egg mixture and then roll it in the sesame seed mixture.
- Arrange the coated balls on the baking sheet. Bake the olive's houses for about 40 minutes or until nicely golden.



Cheese Muffin

INGREDIENTS

1 1/2 cups self-rising flour
1/2 teaspoon salt
2 eggs
1 1/4 cups cottage cheese
1 1/2 cups grated cheese
1/2 cup of whole milk
1/2 stick melted butter
1/2 cup pitted and halved green olives, well-drained
Melted butter for greasing the pan

Tip: Instead of olives, feel free to use mushrooms (chopped), onions or corn. Be adventurous!

DIRECTIONS

- Preheat the oven to 350°F and grease a muffin tin.
- In a bowl, mix the flour and salt. In a separate bowl, beat the eggs, add the cheeses, milk, and melted butter, and mix.
- Pour the cheese mixture into the flour mixture, add the olives, and stir until a uniform mixture is obtained.
- Pour into the greased muffin tin.
- Bake for about 25 minutes until golden brown.
- Store outside the refrigerator for up to two days. Before serving, it is recommended to heat for a few minutes in the oven at 340°F



Cheese Bourekas

INGREDIENTS

- 1 package (600 grams) puff pastry, defrost overnight in the fridge
- 1 egg, beaten
- 3-4 tablespoons sesame seeds

For the Filling:

- 1 $\frac{1}{4}$ cups whole cottage cheese
- $\frac{3}{4}$ cup crumbled feta cheese
- $\frac{3}{4}$ cup of grated cheeses you like
- 1 egg

Tip: In warm weather, the dough might soften too much and become difficult to work with. If this happens, put it in the freezer for a few minutes until it firms up a bit and becomes easier to handle.

DIRECTIONS

- Preheat the oven to 375°F (allow at least half an hour for preheating.)
- In a bowl, mix all cheeses and egg till combined.
- Roll out the puff pastry on a work surface and cut it into 8 squares.
- In the corner of each square, place a heaping tablespoon of the filling, making sure the filling doesn't reach the edges.
- Fold the corner of the square over the filling to form a triangle. Press the edges of the dough together. Use a fork to go over the edges to reinforce the seal.
- Brush the bourekas with the beaten egg and transfer to a baking sheet lined with parchment paper.
- Place the baking sheet in the oven and bake for 15-20 minutes or until the bourekas are golden and puffed up on both sides.
- Remove from the oven and let the bourekas cool slightly before eating.



Corn Pie

INGREDIENTS

- 1/2 cup whole cottage cheese
 - 1/2 cup grated cheese
 - 1/2 cup crumbled Feta cheese
 - 2 Tbsp cream cheese
 - 2 cups corn kernels
 - 2 Tbsp flour / cornstarch for gluten-free pie
 - 1 Tsp baking powder
 - 3 eggs
-
- **Tip:**
 - You can substitute grated cheese and crumbled Feta with any other cheese you like.
 - You can make corn pie with mushrooms or onions by adding about half a cup of each desired addition.

DIRECTIONS

- In a large bowl, whisk the eggs. Add all the ingredients except the flour and mix together.
- Gradually add the flour, stirring until it disappears completely and there are no lumps.
- Grease a medium square pan and pour the pie mixture into it.
- Bake in a preheated oven at 350F about 40 minutes, until golden brown.
- Remove from the oven, let cool to room temperature.



No-Bake Cheese Cake

INGREDIENTS

- Tea Biscuits: Graham Cracker / Vanilla cookies
- 2 cups heavy whipped cream
- 4 Tbsp sugar
- 360 ml milk (1.5 cups)
- 8 Tbsp instant vanilla powder
- 1 cup milk/coffee/chocolate milk for dipping the biscuits

DIRECTIONS

- Dip the biscuits in milk and arrange them in a baking tray.
- Whip the heavy cream, sugar, and instant vanilla powder until stiff peaks form. Divide the cream into three parts (three bowls):
- First layer: Spread/pipe one part of the cream over the biscuit layer.
- Second layer: Arrange a second layer of biscuits and spread another layer of cream over it.
- Third layer: Layer biscuits and finish with another layer of biscuits.
- Refrigerate for 24 hours.

Optional toppings:

- Chocolate cream: Melt 5 oz. dark chocolate with 150 ml heavy cream. After refrigerating for an hour, cover the cake with the cream.
- Whipped cream: Whip 250 ml heavy cream with 1 Tbsp powdered sugar and 1 Tbsp instant vanilla pudding powder until stiff peaks form. Spread over the biscuits.

CHECK YOUR ANSWERS:



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C. The story of Ruth takes place during Shavuot

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A. Weeks

3. Why is Shavuot called "Shavuot"?

C. Because it is celebrated seven weeks after Passover

4. What is the significance of the number seven in relation to Shavuot?

C. It is celebrated seven weeks after Passover

5. Which biblical event is commemorated on Shavuot?

B. The giving of the Torah (Ten Commandments) at Mount Sinai

6. What food is typically eaten on Shavuot?

C. Dairy foods

7. What is the name of the custom of staying up all night to study Torah on Shavuot night?

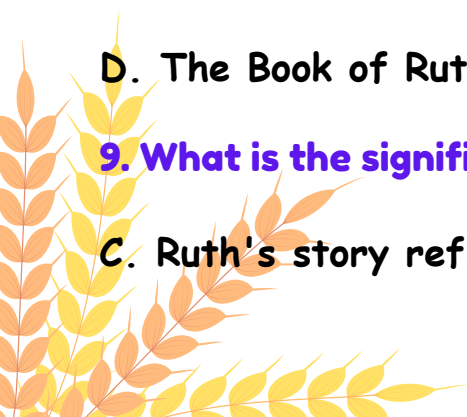
C. Tikkun Leil Shavuot

8. Which biblical book is traditionally read on Shavuot?

D. The Book of Ruth

9. What is the significance of reading the Book of Ruth on Shavuot?

C. Ruth's story reflects themes of kindness and conversion.





10. What are the Seven Species associated with the Land of Israel, often eaten on Shavuot?

A. Wheat, barley, grapes, figs, pomegranates, olives, and dates

11. What did the Jewish people do with the first fruits of the harvest on Shavuot?

A. They were given as offerings in the Temple (in ancient times).

12. Which of the Ten Commandments directly speaks about the observance of Shavuot?

D. The fourth commandment (Remember the Sabbath day...)

13. Which musical instrument is traditionally associated with Shavuot?

C. Harp

14. Which of the following is not a custom associated with Shavuot?

D. Lighting candles for each night of Shavuot

15. What is the purpose of the custom of decorating the home with flowers and greenery on Shavuot?

C. To honor the giving of the Torah at Mount Sinai

16. What is the traditional blessing for Shavuot in Hebrew?

C. Yom Tov (Good Day)

