On How Much Food To Say Fore-Blessing (Bracha Rishona)

Always say one of the six fore-blessings (*bracha rishona*) before eating, as long as you expect to get enjoyment or benefit from whatever you ate, even when eating:

- Less than a minimal quantity (minimal *shiur*), or
- Eating a small (*kolshehu*) amount of food.

EXAMPLES

- Say a fore-blessing before you taste food you are cooking.
- Say a fore-blessing before you taste a tiny amount of honeysuckle nectar.

EXCEPTION Do not say a fore-blessing on water that you drink with medicine.

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