

Elementary School Lesson Plan - Exploring Hanukkah Traditions: Bumuelos

Grade Level: 3rd - 6th Grade

Time Needed: 1 hour and 15 minutes

Objective: Students will learn about the diversity of Hanukkah traditions and foods, specifically focusing on bumuelos, a Sephardic Hanukkah treat, and explore their historical and cultural significance.

Materials Needed:

- Whiteboard or large chart paper for brainstorming
 - Markers
 - Ingredients for bumuelos:
 - 1 package dry yeast (2 1/4 teaspoons)
 - 1/4 cup warm water
 - 3 cups all-purpose flour
 - 2 eggs
 - 1/4 cup sugar
 - 1/2 teaspoon salt
 - 1 cup warm water
 - Vegetable oil for frying
 - Honey or syrup for topping
 - Optional: cinnamon or powdered sugar
 - Mixing bowls
 - Measuring cups and spoons
 - Frying pan or deep fryer
 - Stove or hot plate
 - Paper towels
 - Plates and utensils for tasting
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Lesson Outline:

1. Introduction

- **Opening Discussion:**
 - Ask: *What are some of your family's Hanukkah traditions?* (Record responses on the board.)



- Ask: *Do you know where your traditions come from?* Encourage students to think about where traditions might originate and how they might differ around the world.
- Highlight common themes: light, miracles, resilience, courage, community, etc.
- **Transition to Food Traditions:**
 - Ask students to list traditional Hanukkah foods. Write their ideas on the board (e.g., latkes, sufganiyot, gelt, sfenj).
 - Explain that Bumelos are a Sephardic Jewish tradition, a sweet fried dough often eaten on Hanukkah.
 - Share that Sephardic Jews come from places like Spain, North Africa, and the Middle East.
 - Ask students if they have any Sephardic family, or if they know anyone who comes from those places.
 - Share the cultural and historical background of bumuelos:
 - Derived from Sephardic Jewish communities.
 - Frying in oil ties them to the Hanukkah story of the miracle of the oil.
 - Similar to other fried foods like latkes and sufganiyot, which also celebrate the miracle of oil.
 - Show pictures of bumuelos for students to visualize

2. Making Bumuelos (45 minutes)

- **Step-by-Step Recipe (adapted from the provided link):**
 - Dissolve the yeast in 1/4 cup warm water and let it sit for 5-10 minutes.
 - In a large bowl, mix flour, sugar, and salt.
 - Add eggs, the dissolved yeast, and 1 cup warm water. Mix well to form a sticky dough.
 - Cover the bowl with a damp towel and let the dough rise for about 20 minutes.
 - Heat oil in a deep frying pan or deep fryer (be cautious with hot oil around children).
 - Drop spoonfuls of dough into the hot oil and fry until golden brown.
 - Remove with a slotted spoon and place on paper towels to drain excess oil.
 - Drizzle with honey or syrup and sprinkle with cinnamon or powdered sugar (optional).
- **Engage Students:**
 - Assign roles for measuring, mixing, and shaping the dough to keep everyone involved.
 - Supervise the frying process carefully, ensuring students maintain a safe distance from hot oil.

3. Discussion and Comparison (15 minutes)

- After everyone has tasted the bumuelos:



- Ask: *What did you think of the bumuelos?*
- Compare bumuelos to latkes and *sufganiyot*:
 - *How are they similar? How are they different?*
 - Highlight common themes: frying in oil (connection to the Hanukkah story), sweetness, and family/community sharing.
- Reflect on how traditions evolve based on where Jews lived historically and the ingredients they had available.

Extension

- Create a recipe booklet of Hanukkah foods, including bumuelos, latkes, and *sufganiyot*, for students to take home.