

<i>Book</i> {one of five}	סֵפֶר
<i>In the beginning</i> {name of book one}	בְּרֵאשִׁית
<i>Noach (Noah)</i> {chapter title}	נֹחַ
<i>Chapter</i> {number:}	פָּרָק
9	ט
<i>Verse</i> {number:}	פְּסוּק
3	ג
{G-d continues speaking to Noach (Noah) and his sons; saying: After Adam, the first man, sinned, the only things I allowed him and his progeny to subsist on were thorns and thistles; acquired through hard labor. When I removed the curse from the ground on the day Noach was born; that is, 126 years after Adam died, I enabled the ground to yield a variety of delicious foods; herbs, fruits, vegetables and nuts; acquired with very little labor. Now that the entire surface of the earth has been destroyed, and it will take some time for you and your progeny to cultivate it to the degree that it begins yielding herbs, fruits, vegetables, legumes and nuts,} <i>every</i>	כָּל
<i>moving thing</i> {; be it insect, animal, bird and aquatic creature}	רֶמֶשׁ
<i>that</i>	אֲשֶׁר
<i>is</i>	הוּא
<i>alive</i> {, I now provide}	חַי
<i>to you</i> {as sources of food. And from now on, they}	לְכֶם
<i>shall be</i> {yours}	יִהְיֶה
<i>to eat</i> {; even when the ground resumes yielding herbs, vegetables, legumes, fruits and nuts. Just}	לְאֲכֹלָהּ
<i>as</i> {the} <i>green</i>	כִּיֶּרֶק
<i>herb</i> {which}	עֵשֶׂב
<i>I had given</i>	נָתַתִּי
<i>to you</i> {; that is, the thorns and thistles; which was the only food Adam, the first man, and his progeny were permitted to eat before Noach was born, I now permit you to satisfy your hunger}	לְכֶם
<i>with</i>	אֶת
<i>all</i> {forms of living things from the insect and animal kingdoms; in addition to all the herbs, vegetables, legumes, fruits and nuts.}	כָּל: