

TEFILIN: ACTIVITIES WHILE WEARING

Tefilin: Activities While Wearing: Distractions

You may not do any activities while wearing tefilin that would distract you (hesech da'at) from remembering that you are wearing tefilin.

Tefilin: Activities While Wearing: Eating

You may eat a snack while wearing tefilin, but you may not eat a full meal (with bread).