Requirements to make a loaf of bread large enough for 2 meals:

Assumptions of the Mishna (and translation of the words)

A loaf that can feed 1 person for 2 meals, costs 1 *pundyon* , or in the words of the Mishna: כיכר בפונדיון

Such a loaf is made of 1/4 *kav* of wheat flour, which starts as 1/2 a *kav* of wheat kernels before it is processed

A volume of 4 *se'ah* of wheat flour costs 1 *sela* , or in the words of the Mishna: ארבע סאין בסלע

Units of Volume in Mishna

1 *se'ah* = 6 *kav* (A *se'ah* is about the volume *of* a six-pack of 2-liter bottles; a *kav* is about one 2-liter bottle)

4 *se'ah* = 24 *kav* (4 *se'ah* is about 4 six-packs or about 24 two-liter bottles)

Units of Currency in Mishna

1 sela = 4 dinar (yes, I said shekel in the recording--ignore that)

1 dinar = 6 ma'ah (so 1 sela = 24 ma'ah)

1 ma'ah = 2 pundyon (so 1 sela = 48 pundyon)

Conversions to bring it all together

Assuming a volume of 4 se'ah of wheat flour costs 1 sela…

...then 4 *se'ah* of wheat flour also costs 48 *pundyon, and …*

...24 *kav* of wheat flour, also costs 48 *pundyon. This is the same as saying …*

…1 *kav* of flour costs 2 *pundyon* ; and a 1/2 *kav* costs 1 *pundyon* ; and 1/4 *kav* costs 1/2 *pundyon*

Although the requisite 1/4 *kav* of flour only costs 1/2 *pundyon* , the baker charges 1/2 *pundyon* for his labor

Costs to produce a loaf of bread to feed one person for two meals	Cost (in *pundyon*)
1/2 *kav of* wheat kernels to be milled into 1/4 *kav* of wheat flour:	1/2 *pundyon*
Labor to mill the wheat and make the bread:	1/2 *pundyon*
Total cost of 1 loaf of bread to feed one person for two meals:	**1 *pundyon***