



BREAD COMES TO LIFE

TYPE OF ACTIVITY: Science

KEY CONCEPT: Eat a variety of foods



OBJECTIVES:

- › Children will name ingredients needed to make bread.
- › Children will practice using the terms “measuring,” “adding,” “mixing,” “rising,” “kneading,” and “baking.”
- › Children will practice measuring.

Note to Teachers: This activity should be conducted with a small group of children.

MATERIALS:

- › Whole wheat bread recipe (see templates)
- › 1½ cup lukewarm water
- › ¼ cup honey
- › 1 package active dry yeast
- › ¼ cup vegetable oil
- › 2 teaspoons salt
- › 3½ cups whole wheat bread flour
- › Measuring spoons and cups
- › Liquid measuring cup
- › Table knife
- › Large wooden spoon
- › Large mixing bowl
- › Cloth or plastic wrap
- › Bread pan
- › *Bread Comes to Life* by George Levenson (optional)



Day 4: Grains

For more activities, visit eathealthybeactive.net

PROCEDURE:

1. Set-up: Gather ingredients and tools
2. Have the children wash their hands. Work with the children to make bread dough using the recipe. Have the children take turns measuring and adding ingredients. Demonstrate how to measure each ingredient correctly. Explain that the ingredients have to be measured correctly so that the bread will taste good.
3. Invite children to take turns mixing the ingredients until a lump of dough forms in the bowl. Talk about how the mixture changes as it's stirred. Suggested phrases:
 - a. *How is it different now that the water is mixed in?*
 - b. *When a lump of dough forms in the bowl, we'll stop stirring the ingredients.*
4. Encourage children to lightly dust the tabletop with flour. Place the dough on the tabletop, and let it rest for 10 minutes.
5. Show the children how to knead the bread. Push the dough away from you and pull it back toward you. Rotate it and fold it in half. Repeat this process about 100 times. Have the children take turns kneading the dough. Suggested phrases:
 - a. *Do you know what this process is called? It's called kneading.*
 - b. *Let's work as a team to knead the bread so our arms don't get tired.*
6. Have a child shape the dough into a ball and place the dough in an oiled bowl. Cover the bowl with plastic wrap or a towel and let the dough rise until it has doubled in size (about an hour). Suggested phrases:
 - a. *We have to wait for the dough to rise. What does rising mean?*
 - b. *The yeast makes the dough rise so it can become bread.*
7. Punch down the dough, then knead the dough 50 more times. Encourage children to describe how the dough feels. Suggested phrases:
 - a. *What does it feel like? What does it smell like?*
 - b. *How will the dough change when we bake it? What will it look like when we take it out of the oven?*
8. Shape the dough, place it into the bread pan and cover with the cloth. Let the dough rise $\frac{1}{2}$ inch above the rim. Bake at 350 degrees for 30-45 minutes. Remove the loaf from the pan and let it cool. Slice the bread and serve to the children if they wish to try some. Talk about how the bread is different from the dough.

ADAPTATIONS/EXTENSIONS:

Literacy: Read the book *Bread Comes to Life* by George Levenson. Talk with children about the steps in bread-making. Compare the pictures in the book with the steps you completed to make your loaf of bread.

Recipe Adaptation: Ask a parent to share a favorite bread recipe. Consider using a bread machine to bake the bread.

Sensory/Dramatic Play: Give children real bread dough, and allow them to roll it out, knead it, and pretend to bake it.

BAKING BREAD RECIPE

INGREDIENTS

- 3 ½ cups bread flour
- 1 ½ cups water (preferably lukewarm)
- ¼ cup honey
- ¼ cup oil
- 2 teaspoons salt
- 1 packet active dry yeast

INSTRUCTIONS

- ★ Stir together 3 cups of the flour, the water, the honey, the oil, the salt, and the yeast.
- ★ Mix until the ingredients form a lump of dough.
- ★ Use some of the remaining flour to lightly flour your work area. Turn out the dough onto the floured surface, and let it rest for 10 minutes.
- ★ Dust your hands with flour. Knead the dough by pushing it away from you, turning it a quarter turn, and folding it in half toward you. Repeat the kneading about 100 times.
- ★ Shape the dough into a ball, and place it in a well-oiled bowl. Cover the dough with a dish towel or plastic wrap, and let it rise until it doubles in size (about an hour).
- ★ Punch down the dough, and knead it about 50 more times. Shape the dough into a loaf and put it in an oiled bread pan. Cover it with a dish towel and allow it to rise again until the dough is about half an inch above the rim of the pan.
- ★ Bake the bread at 350 degrees for 30 to 45 minutes.

This bread recipe is adapted from a recipe included in the book *Bread Comes to Life* by George Levenson.

SEE CHILDREN'S RECIPE, NEXT PAGE

BAKING BREAD, KIDS RECIPE

INGREDIENTS



3 1/2 CUPS FLOUR



1/4 CUP HONEY



2 TSP. SALT



1 1/2 CUPS WATER



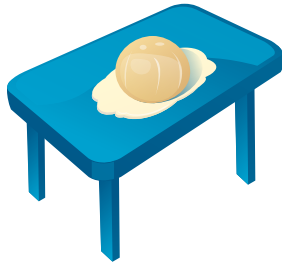
1/4 CUP OIL



1 PACKET
ACTIVE YEAST

INSTRUCTIONS

MIX INGREDIENTS



PUT FLOUR,
THEN DOUGH ON
YOUR TABLE



KNEAD DOUGH
100 TIMES



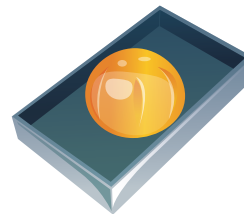
SHAPE INTO A
BALL AND PUT IN
A BOWL



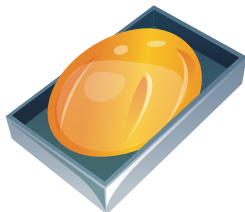
LET DOUGH
RISE



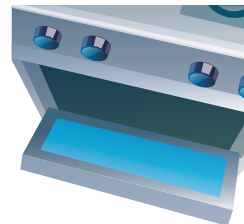
PUNCH DOUGH
DOWN AND KNEAD
AGAIN



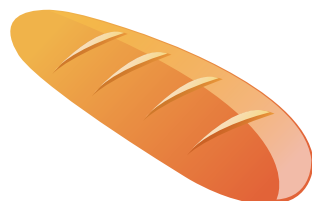
SHAPE INTO A
LOAF AND PUT
IN A PAN



LET DOUGH RISE
AGAIN



BAKE AT 350°
FOR 30 TO 45
MINUTES



SERVE
AND ENJOY!