



Bread, Good Bread

WHAT'S THE Big Idea?

Interdependence

Materials

- **Good Bread:** *A Book of Thanks* by Brigitte Weninger
- ingredients and equipment to make "Little Breads" (see recipe card)



Enduring Understandings

- We rely on each other and other living things to meet our needs.
- Food comes from nature: from plants and animals.
- Knowing where our food and fibers come from is important to understanding the relationship between humans and the natural world.

Objectives

- Children demonstrate awareness that food comes from plants.
- Children connect prior experiences preparing food.
- Children practice measuring.
- Children experiment with baking bread.

Directions

Consider completing "Wonderful Wheat," p.196, prior to this experience, allowing children to make the connection that the wheat berries they ground into flour is the same flour they use to make the dough.

1. Read *Good Bread: A Book of Thanks* by Brigitte Weninger with your students. Ask if anyone has ever made bread before. If yes, how did they do it?
2. Explain to the children that you will be making bread together today. Use the bread recipe below to make bread with your class. Remember to instruct children in good hygiene practices before beginning any cooking project.
3. Prepare the bread dough together. Let children take turns

Little Breads

preheat oven to 375°F

INGREDIENTS

- 1 $\frac{3}{4}$ c. warm water (wrist temperature)
- 1 tbsp. active dry yeast
- 2–3 tbsp. of sugar (or same amount of honey or maple syrup)
- 1 tsp. salt
- $\frac{1}{4}$ c. vegetable oil
- 4–5 c. flour (mix of wheat and white)

INSTRUCTIONS

1. Mix yeast, sweetener, and warm water in a large mixing bowl and let sit for about 5 minutes to allow yeast to activate.
2. Stir in a handful of flour. Stir in salt and oil.
3. Add remaining flour one cup at a time to ensure you don't make the dough too dry. Knead dough until it forms a ball.
4. Place the dough in a bowl, cover with a damp cloth, and let rise in a warm place.
5. Divide dough into dinner-roll-sized pieces, have children knead the dough into any shape, and place on a cookie sheet.
6. Bake at 375° for 10–15 minutes or until golden brown.

What is Yeast?

Yeast is a single-celled fungus. The type used in baking is called a sugar-eating fungus. Yeast cells digest sugars to grow, which is why we add sweetener to “start” the yeast. As the yeast consumes the sugar, it produces carbon dioxide and ethyl alcohol. The carbon dioxide causes the dough to rise and the ethyl alcohol adds flavor to the bread.

Source: Red Star Yeast Company: www.redstaryeast.com

measuring ingredients, and use this opportunity to discuss recipes, measuring, and the baking process. Knead the dough together. Allow each child to shape their own Little Bread. Children can fashion the dough into any shape, but be aware that skinny dough legs and arms tend to cook quicker than fatter dough bodies.

4. While the bread bakes, consider using the discussion questions to process the experience with the children or make butter to put on the warm bread.
5. Enjoy the bread together!

Discussion Questions

- Who remembers what ingredients are in our bread?
- Where do these ingredients come from?
- What other foods have you eaten recently? Do these foods come from plants or animals?
- What other foods can you think of that come from plants? From animals?
- What other kinds of foods do you like to prepare?

Playdough

INGREDIENTS

2 c. flour
1 c. salt
1 tsp. cream of tartar
2 tbsp. oil
2 c. water
food coloring (artificial, or natural, see “Natural Dyes,” p.62)

INSTRUCTIONS

1. Add food coloring to water until desired color (don’t be shy with it).
2. Mix dry ingredients in a bowl.
3. Mix colored water and dry ingredients in a saucepan on medium heat and stir together.
4. Stir until dough sticks together in a ball then remove from heat.
5. Let cool for a few minutes then knead a few times.
6. Keep in a sealed container to prevent drying out.



Extensions

- Make butter (see “Shake It, Shake It, Shake It” in *What’s Happening*, p.133) and enjoy it with the bread.
- Experiment with yeast. For example, observe if yeast reacts differently to white sugar, maple syrup and honey.
- Have children place “Wheat to Bread Cards” in the correct order (Appendix, p.251)
- **Bread is for Eating** by

David Gershator
• **Bread Comes to Life: A Garden of Wheat and a Loaf to Eat** by George Levenson
• **Make playdough!** (See recipe at left.)