

# Cooking in the Classroom: Bread & Flour

## Guiding Question:

How can we make sure our bread comes out perfectly?

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## Materials

- Loaf pans, mixing bowls, measuring sets
- Table cloths or tray
- Baking ingredients

## Note on the Logistics of Baking

- Baking with your scholars is a critical component of this unit. It will provide the hands-on experience that will engage your scholars and teach them the most about bread.
- On baking days you will need to adjust your schedule as you would for a field study.
- You should plan to have scholars prepare the dough for about 30 minutes.
- The kneaded dough will then need to rest and rise for 16 hours.
- Then, you will put the bread in a loaf pan and let it rest for approximately 10 minutes.
- Finally, you will bake bread in the school's kitchen ovens.
- If possible divide the classroom in half and have the Lead Teacher and Assistant Teacher work with separate groups of scholars to actually mix the bread.
- This is great time to ask for parent volunteers to help you manage this process. Our parents love being involved with their children's education and some of your parents may even regularly bake bread at home. Be sure to reach out your families!

## Suggested Classroom Setup

- Cover your tables with plastic tablecloths and have baking sheets ready for scholars to knead the bread on. You must create a sanitary environment.
- Have 2 set of tools: mixing bowls, measuring cups, loaf pans.

## Discussion

Yesterday scholars, we made our list of ingredients and today will we get to make our very own loaves of bread. Have a version of the recipe on the SmartBoard, projected using the Elmo, or on a large piece of chart paper. (See "White Bread Recipe" in "Scholar Materials to Print" in which photos of all ingredients have been added.) This pictorial recipe will help your scholars be more independent and experience authentically how to follow a recipe step-by-step.

## **Baking**

First, have scholars take turns to measure all the ingredients. Explain to scholars that you need to make sure all the measurements are level to ensure that the recipe produces bread. If you add too little or much of an ingredient, the recipe simply will not work.

Allow scholars to add in ingredients and mix the dough. You may wish to do two batches of dough per group. This way more children will have a chance to knead the dough.

Demonstrate how to knead and then let your scholars take turns kneading the dough.

**Note:** There is no one correct way to knead dough and different people have different techniques. (See page xiii in *Loaves of Fun* by Elizabeth M. Harbison and page p. 44 in *Baking Bread With Children* by Warren Cohen for advice about kneading dough.)

The dough will need to rest and rise for approximately 16 hours. You will know it is ready when it has roughly doubled in size. Be sure to let scholars see how the bread gradually rises as the yeast releases carbon dioxide.

Once the dough has risen, place the shaped dough in the loaf pans and take them to the kitchen to bake.

Your BOM should arrange with the kitchen staff to give you access to ovens.

Once the bread is done, allow it to cool and then serve to your scholars. You may want to have jam or butter available as well. You could also make your own butter by having scholars shake a jar full of cream. This is super simple and only takes a few minutes.

## **Shared Text**

“Bread Around the World”