

Title: Baking Bread

Age Group: Preschool

Submitted by: Rose (Home Child Care)



Type of Activity: Baking

Materials:

- Flour (3 ¼ - 3 ¾ cups)
- Oil (1 tablespoon of oil)
- Salt (½ tablespoon)
- Warm water (1 ⅛ cup)
- Honey or Sugar (1 ½ tablespoons)
- Dry Active Yeast (1/8 ounce)
- Large bowl
- Small bowl
- Rolling pin
- Baking sheet



How to Do it:

- In a large bowl, mix 1/8 ounce of yeast with ½ tbsp of sugar in 1 cup of warm water until dissolved
- Let stand until the yeast bubbles to the surface
- Meanwhile, in a small bowl, mix together 1 tbsp of sugar, ½ tbsp of salt and ½ cup of flour
- Once the yeast bubbles, pour contents of small bowl into large bowl and add 1 tbsp of oil
- Stir in remaining flour (½ cup at a time until the dough is soft and firm – not sticky)
- Knead the dough on a surface covered in flour until it feels smooth and stretchy (10 minutes or so)
- Place into a bowl greased (with oil or butter) and cover with a clean towel
- Let it rise in a warm place for 1-2 hours
- Once dough has risen, roll it in flour and shape it into a loaf or buns
- Lay buns on a greased baking sheet and cover for 2 more hours
- Preheat oven to 375 °F , then bake for 30 minutes or until golden brown
- Allow to cool and enjoy!

Root Skill / Extension:

Cognitive: 4.19 Measuring weight & capacity

As children measure, pour, mix & knead, they are active in the process of turning liquids into a solid. Add some cranberries, chocolate chips or olives to your bread mix to introduce a new flavour to your child.

Extend learning: Encourage children to point out sight words & numbers in the recipe (oil, mix, cup 1, 2).

While waiting for the bread to bake, watch this diverse bread story: <https://www.youtube.com/watch?v=GEJHcSjnlR0>.

Ingredient photo credit: <http://www.clker.com>