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Bread in a Bag

Divide the class into groups of five or six students, and have a parent volunteer help each group. Each parent brings the following items:

- a measuring cup
- measuring spoons
- clean kitchen towel
- rolling pin
- a loaf pan
- a 9x13 pan
- a cookie sheet

The parent also agrees to take the bread home, bake it, and return it the following day for the group to eat. Prepare a sequencing worksheet for the students to work on while they are waiting for the dough to rest and rise.

Recipe for Bread in a Bag

The following ingredients are for one loaf.

- 2 c. all-purpose flour
- 1 package Fleischmann's RapidRise Yeast
- 3 T. sugar
- 3 T nonfat dry milk
- 1 t. salt
- 1 c. hot water (125 to 130 degrees F)
- 3 T. vegetable oil
- 1 c. whole wheat flour
- A 1 gallon, heavy-duty zipper-lock freezer bag for each group

- 1) Combine 1c. all-purpose flour, undissolved yeast, sugar, dry milk and salt in the 1 gallon, heavy-duty freezer bag. Squeeze upper part of the bag to force out air. Shake and work the bag with fingers to blend ingredients.
- 2) Add hot water and oil to the dry ingredients. Reseal bag. Mix by working bag with fingers. Add whole wheat flour; reseal bag and mix thoroughly. Gradually add enough remaining all-purpose flour to make stiff dough that pulls away from the bag.
- 3) On floured surface, knead dough 2 to 4 minutes, until smooth and elastic. Cover dough with towel; rest 10 minutes. The students may spend this time coloring the worksheet.
- 4) Roll dough to 12 x 7 inch rectangle. Roll up from narrow end. Pinch edges and ends to seal. Place in oiled loaf pan. Place 9x13 pan on counter; half fill with boiling water. Place cookie sheet on top of 9x13 pan, and place loaf pan on the cookie sheet. Cover with towel. Let dough rise 20 minutes or until double in size. During this time, the students may cut the worksheet, and glue the pictures in sequential order, and write the words; plant, grind, bake, deliver, sell, and eat beside the appropriate picture.
- 5) After the students have observed the risen dough, the parent may take it home and bake it at 375 for 25 minutes or until done.

The next day, enjoy slices of homemade bread with homemade butter, and perhaps some donated homemade jelly. Divide the remainder of the loaf among the participating bakers, and send it home in baggies to be shared with their family.