

# Wheat to Bread

Age/Grade Level: 1-6 (can be adapted)

Materials: different kinds of wheat, some wheat stalks with wheat, loaf of bread, bathroom scales, book titled *From Wheat to Bread*, ingredients from the “Bread In A Bag” recipe

Objectives:

\*Student will listen to the story, *From Wheat to Bread* and learn how wheat is grown and produced.

\*Student will mix flour with other ingredients to make “Bread In A Bag”.

\*Student will know at least two ingredients that come from different kinds of wheat.

Procedure:

1. Brainstorm with students to list some finished products that are made from wheat. Ask how much flour they think they each consume in one year. List guesses on board.
2. Weigh a loaf of bread on bathroom scales. Weigh the loaf and write the weight on the board. Ask again, how much flour do they consume in one year? Weigh a few students and tell them if they are close to the number of pounds. Tell them that they consume about 128 pounds of flour in one year.
3. Show some different kinds of wheat and the wheat stalks.
4. Go over the vocabulary highlighted in the story, *From Wheat to Bread*” (yeast, kneads, combine, dough, and kernels)
5. Read the story, *From Wheat to Bread*” .
6. Mix bread following the “Bread In a Bag” recipe (attached at end of plan)
7. While the bread is rising and baking, discuss with students what other products are made from wheat.
8. After the bread is baked and cooled, slice it and let the students add butter, peanut butter or jelly to the bread and then eat it.

# Bread In a Bag Recipe

Mix in a heavy duty plastic bag:

½ cup all-purpose flour, ½ cup warm water, 1 package of yeast, 1 Tablespoon sugar

Work bag with fingers until completely blended, then close top of bag and let rest for 15 minutes. Open and then add:

1 Tablespoon sugar, 2 cups whole wheat flour, ¾ cup warm water, 1 Tablespoon vegetable oil, 2 teaspoons salt

Mix well and slowly add enough all-purpose flour to make a stiff dough ( 1 to 1 ½ cups)  
Turn dough out on a floured surface and knead for 5-6 minutes. Add more flour if sticky and divide dough into thirds. Cover with plastic bag and let rest for 10 minutes. Shape and put in a greased mini loaf pan. Cover again and let rise for 45-60 minutes. Bake 30-35 minutes in 400 degree oven.

Remove from pan and cool on rack.... Enjoy!