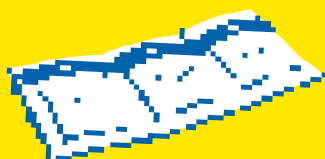
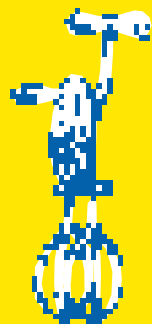




IT'S IN THE BAG!

underwritten by
Fleischmann's® Yeast





Age

5–18 (Every team should have at least one member that is 9 or older.)

Time Required

2.5 hours

Location

Indoors with refrigerator, running water, and oven (kitchen facilities are optional if participants take the dough and instructions home to bake)

Materials

(Please feel free to copy this list and use as a shopping list.)

- copies of Handout 1
- pencils
- whole wheat and all-purpose flour
- rapid rise yeast
- sugar
- salt
- nonfat dry milk
- thermometer
- very warm water (125° to 130° F)
- vegetable oil
- no-stick cooking spray
- heavy-duty one-gallon freezer bags
- twist ties
- measuring spoons and cups
- clean towels
- bread loaf pans
- rolling pins
- wire racks
- timer
- pot holders
- photocopies of Handout 2 (optional)

Additional Materials if Snack is Planned

- hand wash wipes
- serrated knife
- napkins
- butter or margarine
- jam or other spread

¹ Adapted from *Wheat: From Field to Table*, 4-H 604 (Kansas State University, Cooperative Extension Service, May 1996).



Objectives

To demonstrate techniques of measuring. To produce an end product (bread) by following directions.

Activity Summary

Children work in small teams to prepare bread in a bag. Every team should have at least one member that is 9 or older.

Station Set-up

Create as many work stations as you have teams (two or three children per team).

Each work station should have:

- small bag of whole wheat flour
- small bag of all-purpose white flour
- one package rapid rise yeast
- at least three tablespoons sugar in a bowl
- at least two teaspoons salt in a bowl
- at least three tablespoons nonfat dry milk in a bowl
- thermometer
- very warm water (125° to 130° F) in a bowl (you may wish to pour the water after children have assembled at the work stations)
- vegetable oil
- no-stick cooking spray
- one large heavy-duty freezer bag, with twist tie
- loaf pans
- measuring cups and spoons
- clean towels
- rolling pin
- pot holders
- wire rack
- timer



Doing the Activity

Organize participants in teams of two or three. (Each team should have at least one member age nine or older.) Assign each team to a work station. Before children begin working with the ingredients, have them wash their hands. You may wish to review Fact Sheet 1 (page 4) with the group. (If hand-washing facilities are not available, provide a hand wash wipe for each participant.) Depending on the ages of the children, you may wish to demonstrate how to measure flour or other procedures. Distribute copies of Handout 1 (page 3).

Give children time to assemble their breads in a bag. If you have access to ovens, bake the loaves. Otherwise, send the dough home in plastic bags along with baking instructions.



To fill the gaps in the activity while the dough is resting, try the following:

- Explain that the dough is resting to give yeast a chance to grow. Direct children to look into the bag to see if bubbles and holes are forming in the dough. Have them watch for holes that make the bread look like a sponge.

Make copies of Handout 1 and review instructions.



Reflect and Apply

After participants have finished, ask if everyone got a chance to help make the bread. Did everyone have enough ingredients? Did participants measure carefully? How will they know if they have followed the directions correctly? (*If the bread turns out.*)

If you bake the bread, ask participants if they think the bread is the same size as it was when they put it in the oven. (*No.*) Why did it change? (*The yeast caused it to rise. Yeast cells are living. When warm water and sugar or starch are added to yeast cells, they start to multiply, or bud. The yeast cells use the sugar or starch for energy, and give off alcohol and carbon dioxide. The carbon dioxide gas causes the bread to rise.*)

Ask about particular workplace skills that were enhanced. Did everyone put the ingredients together correctly? (*Managing resources.*) Did teams work together cooperatively? (*Interpersonal skills.*) Were children able to follow the recipe? (*Information acquisition and interpretation.*) Keeping journals is an excellent way to allow children to express their thoughts about the activity. Children can write a “Bread Book” about what they learned, how they worked on a team, or other successes or concerns. You may wish to give children a theme to write about or a sentence to get them started:

⇒My favorite part of working on a team is . . .

⇒I make bread because . . .

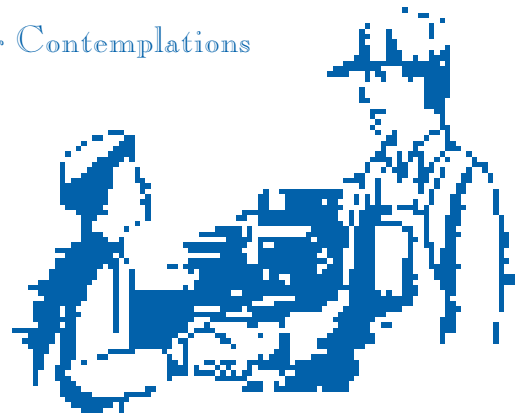
Evaluation

Which is smaller, a teaspoon or a tablespoon? (*Teaspoon.*)

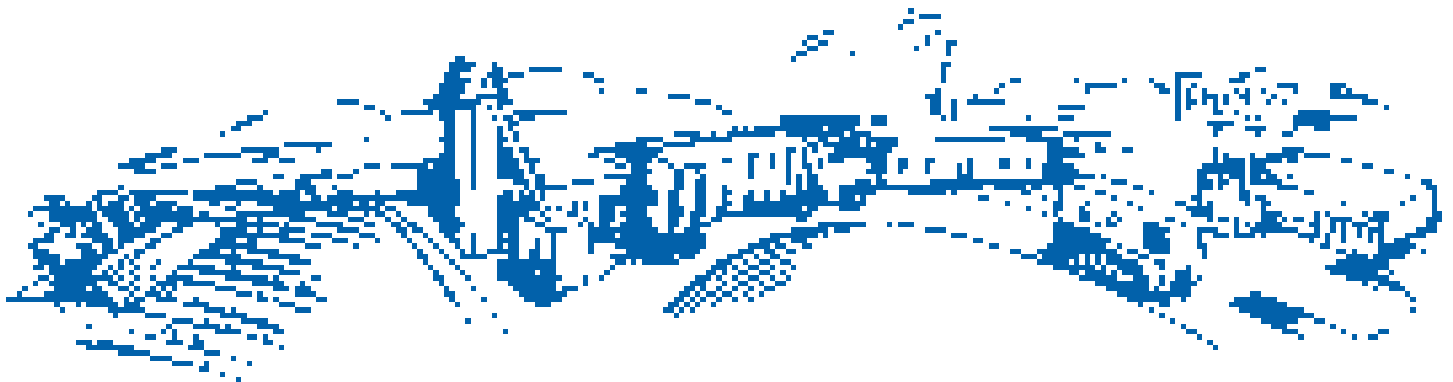
What would happen if you mixed up the two when making food? (*The food might not taste or turn out right.*)

How many half cups make one cup? (*Two.*)

Career Contemplations



Many children think that food is produced at the grocery store. It's important they understand that food is grown and harvested from the land or ocean. Visit a grocery store so participants can discover the wide array of bread products available. How many different kinds can they count? Ask a grocer to describe his or her job to the children. Explain that the bread is baked in a factory or bakery, that the basic ingredients were milled in other factories, and that the raw wheat was grown on farms.



H A N D W A S H I N G

For use with any baking activity.

Did you know that your hands are a habitat for millions of tiny creatures? Bacteria, molds, and other small things float through the air and land on your hands. Or they cling to your hands when you touch doorknobs or other things.

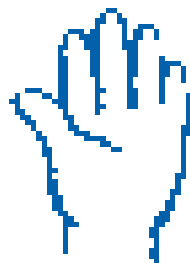
Some of these tiny creatures can spread onto foods that you make or touch. They can make you or others sick. Before you touch food, you need to come clean! Here's how:

Place your hands under a faucet. Turn on the warm water. You don't need a lot of pressure, just a steady stream. Put some soap on your hands and rub them together. Then slowly sing the following song. When the song is done, your hands should be clean.

(To the tune of "Row, Row, Row Your Boat")

**Wash, wash, wash my hands
Until they're sparkily,
Germs get splashed right down the drain
Right where they should be.**

**Wash, wash, wash my hands,
Dirt's nowhere to be seen.
I can bake and sandwiches make
'Cause now I'm squeaky clean.**





More than 6 million youth, 5 to 19 years old, participate in 4-H annually through clubs, groups, school enrichment and after-school programs, and activities. There is a 4-H youth development program in every county in the nation. For more information on 4-H, contact your County Cooperative Extension Office.



7100 Connecticut Avenue
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<http://www.fourhcouncil.edu>

National 4-H Council is a not-for-profit youth development organization that fosters innovation and shared learning for youth workers and youth leaders. National 4-H Council partners with 4-H, the Cooperative Extension System, and other organizations to pursue its vision, accomplish its mission and implement its strategies. National 4-H Council's programs are open to all without regard to race, color, sex, handicap, religion, age, sexual orientation, marital status, or national origin. Mention or display of trademark, proprietary product or firm in text or figures does not constitute an endorsement by National 4-H Council and does not imply approval to the exclusion of suitable products or firms.

"Rising to the Occasion" is offered to youth through 4-H programs, schools, youth organizations and camps throughout the country. To order a copy of this curriculum, please contact National 4-H Supply at (301) 961-2937, or Internet Address: 4hsupply@fourhcouncil.edu. When ordering please include product number WFP031.

Fleischmann's® Yeast

Fleischmann's Yeast History

Charles and Maximillian Fleischmann emigrated to the United States from Austria-Hungary to build a new life in 1868. With them they brought the fine art of baking and the family's secret passed down through the generations. They were greatly discouraged by the quality of bread in the United States. Partnering with an American businessman, James Gaff, a respected distiller in Cincinnati, they manufactured a commercial compressed yeast cake that permitted a leavening power unheard of in those days.

Finally, the modern age of baking arrived.

Over 13 decades later, Fleischmann's Yeast continues to believe in baking's wholesome goodness. Aside from Active Dry Yeast, the company's expanded line includes RapidRise™ Yeast, Bread Machine Yeast, Fresh Active Yeast, and Bread Machine Mixes.

Fleischmann's Yeast also has a cookbook for bread machines, a toll-free hot-line for product inquiries and troubleshooting, 1-800-777-4959, and a home page, www.breadworld.com, that is bursting with countless tasty recipes, tips and helpful advice.

Fleischmann's Yeast . . . Helping the American Family Make Great Breads Since 1868.