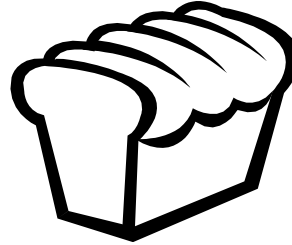


BREAD IN A BAG

Gather all ingredients listed below then let program participants prepare the kits for this Ag in the Classroom project by working in pairs with one small loaf per student. To prepare a kit assemble four bags for every pair of students. To make bread working in pairs you'll need one "kit" of BAGS plus two pans for each pair of students.

BREAD MAKING -

BAG 1	$\frac{1}{2}$ cup white flour 1 pkg dry yeast 1 teaspoon sugar
BAG 2	1 $\frac{2}{3}$ cups whole-wheat flour $\frac{1}{4}$ cup dry milk 1 $\frac{1}{2}$ teaspoon salt 1 teaspoon sugar
BAG 3	1 $\frac{1}{4}$ cup white flour
BAG 4	extra flour for kneading



To BAG 1 add $\frac{1}{2}$ cup warm water "Mix" by hand in the bag until mixture is well mixed. Let set 15 minutes. Mixture will get foamy to make a sponge. After the 15-minute rest, add the following to the sponge and mix in $\frac{3}{4}$ cup warm water and 1 tablespoon oil.

Add BAG 2 (whole wheat mixture) to BAG 1 (sponge) and mix.

Add BAG 3 (white flour), mix until all combined and flour is no longer visible.

Place on waxed paper or white butcher paper and let the students knead bread for several minutes. (If dough is too sticky, add flour from BAG 4. More flour will result in heavier bread but less mess.) Cut the bread in half and let each student knead their own bread for several minutes. Rest for ten minutes. Grease or spray bread pans and have students write their names on their pans with marking pen.

Have students form loaves by flattening their dough, then folding it until they get a small rectangle. Fold ends in and put in pan.

Cover with paper or cloth and let rise for 35-45 minutes until double in size. Bake at 400 degrees for ten minutes, lower to 350 degrees and bake 30 minutes more. Bread is done when it sounds hollow when thumped lightly with fingers. Turn out to cool.

INGREDIENT LIST

White flour
Whole wheat flour
Sugar
Salt
Dry milk
Vegetable oil
Warm water
Yeast

SUPPLY LIST

Table paper (waxed or butcher)
Water pitcher
Disposable dishcloths
Paper towels
Marker pen
Spray pan coating (or use oil)
Paper cup marked with $\frac{3}{4}$ & $\frac{1}{2}$ cup marks
Tablespoon or a cup marked with 1 tablespoon
Knife to cut bread dough
Rubber spatula
Small pans
Large plastic bags

There are three waiting periods: 15 minutes during the first step, 10 minutes while the dough is resting, and 75-85 minutes while the bread rises and bakes. Have a volunteer take charge of baking so you can do other things. During these waiting periods you can make butter, talk about wheat nutrition, wheat production and commercial handling of wheat, flours, other wheat products, do wheat language arts activities, view "I Am Wheat" video etc. If you prepare the "kit" bags ahead of time, be sure to show and tell what is in each bag.

BUTTER IN A JAR

Fill baby food jar $\frac{1}{3}$ - $\frac{1}{2}$ full with cold heavy whipping cream. Shake until butter forms. Try drinking the buttermilk!