

# Bread in a Bag

*A lesson based on the book, Celebrate Wheat, by Dan Yunk.*



*Making bread in a bag, and butter in a jar, is a great way to educate young people, parents and teachers about where our food comes from.*

*America's food supply is safe, affordable and abundant, but also vastly misunderstood by the consuming public. It is the intention of Kansas Farm Bureau to improve the public's knowledge about the importance farming and ranching plays in our quality of life.*

## **BACKGROUND INFORMATION:**

After reading Celebrate Wheat, students should have a better understanding of some of the crops and agriculture products needed to make bread and butter. This lesson is a hands-on experience demonstrating how everyday food such as bread and butter is created. Although the process is completely different in industry, the procedure still follows the same basic principles. This is a great experience that students will not only remember, but also taste!

## **SUPPLY LIST**

Table paper (waxed or butcher)  
Knife to cut bread dough  
Water pitcher  
Rubber spatula  
Disposable dishcloths  
Small pans  
Paper towels  
Large plastic bags  
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

## **INGREDIENT LIST**

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

## **LEVEL: 1-3 Grade**

## **SUBJECTS/STANDARDS:**

Subject; Math  
Measurement and Data  
3.MD.2, 3.MD.3

## **ACTIVITY DESCRIPTION:**

Students will actively take part in creating their own bread and butter. They will recognize and measure out the ingredients being used during the process and have a better understanding of agricultural products.

## **INCLUDED IN THIS LESSON:**

Bread in a Bag instructions  
Butter in a Jar instructions  
*What's Growing in Kansas* handout  
*Wheat Fun Fact Sheets*

## ACTIVITY:

### Management:

Gather all ingredients listed below, then prepare the kits for each pair of students. This will produce 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, one for each student.

### BREAD MAKING KIT –

#### **BAG 1**

½ cup white flour  
1 pkg dry yeast  
1 teaspoon sugar

#### **BAG 2**

1 2/3 cups whole-wheat flour  
¼ cup dry milk  
1 ½ teaspoon salt  
1 teaspoon sugar

#### **BAG 3**

1 ¼ cup white flour

#### **BAG 4**

extra flour for kneading



### STUDENT LEARNING

#### ESTIMATED

**TEACHING TIME:** 2 hours

#### **MATERIALS INCLUDED IN THIS LESSON:**

Bread in a Bag instructions  
Butter in a Jar instructions  
*What's Growing in Kansas* handout  
*Wheat Fun Fact Sheets*

#### **ADDITIONAL MATERIALS NEEDED:**

Celebrate Wheat book

#### **PREPARE AHEAD:**

Gather all ingredients  
Gather all measuring utensils and pans

### Procedure:

1. To BAG 1 add ½ 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 ¾ cup warm water and 1 tablespoon oil.
2. Add BAG 2 (whole wheat mixture) to BAG 1 (sponge) and mix.
3. Add BAG 3 (white flour), mix until all combined and flour is no longer visible.
4. 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 10 minutes. Grease or spray bread pans and have students write their names on their pans with marking pen.
5. Have students form loaves by flattening their dough, then folding it until they get a small rectangle. Fold ends in and put in pan.
6. Cover with paper or cloth and let rise for 35-45 minutes until double in size. Bake at 400 degrees for 10 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.

# Butter in a Jar

## **Ingredients:**

Heavy cream

A jar with a lid (baby food jars work great)

## **Procedure:**

1. Fill a jar halfway with heavy cream (baby food jars work great for small batches), and screw the lid on tight.
2. Shake the jar up and down until the cream thickens and begins to stick together.
3. Then, open the jar, and pour any remaining liquid into another container; this is the buttermilk. Everything else is butter.
4. Knead the butter under cold running water for several minutes to work out any remaining buttermilk (otherwise the butter will spoil quickly).
5. Knead in salt, if desired.
6. Refrigerate.

## **TEACHER'S NOTES:**

There are three waiting periods for Bread in a Bag: 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, here are a few suggestions: you can make butter, read [Celebrate Wheat](#), read the *Wheat Fun Fact Sheet*, hand out a copy of *What's Growing in Kansas*.

If you prepare the "kit" bags ahead of time, be sure to show and tell what is in each bag.

## **Unique Facts**

Farmers receive approximately 5 cents (or less) from each loaf of bread sold.

It takes nine seconds for a combine to harvest enough wheat to make about 70 loaves of bread.

Each American consumes 53 pounds of bread per year on average.

Facts from [agday.org](http://agday.org)

