

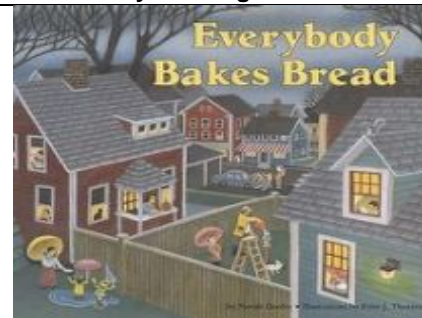


# Everybody Bakes Bread

## A Book and Bake Lesson

Prepared by Sharon Davis, Family & Consumer Sciences Education

### Elementary Reading Connections



### Objectives--Participants will work in teams to

- + Identify a variety of breads and the countries and grains associated with each.
- + List bread's human nutritional values.
- + State bread's basic ingredients and their functions.
- + Conduct a bread baking ingredient "farm to mixing bowl" information search.
- + Use dry and liquid baking tools and scale to both measure ingredients and portion dough.
- + Plan and bake a bread for family, class, or community service.
- + Read and share a bread story with a younger family or team member.

**Guide:** Please allow 60 to 90 minutes for this lesson, depending on the ages involved and the activities and recipe you select to prepare.

**Activity 1: Name breads you love to eat!** Who bakes your favorite bread? Are your favorites "pan," "hearth" or "flat breads?" (Pita, naan, focaccia, chapati, tortillas, fry bread)

There are MANY breads. [https://en.wikipedia.org/wiki/List\\_of\\_breads](https://en.wikipedia.org/wiki/List_of_breads)

- Place where the breads are from on the map.

**Activity 2:** All over the world bread is eaten every day, often at every meal! Why is it such an important, nutritious food? (Breads provide carbohydrates for brain and muscle energy; B-vitamins to help our body repair and absorb other nutrients; protein for muscles; iron for red blood cells to carry oxygen; fiber for a healthy gut)

- More about grain nutrition: [grainfoodsfoundation.org](http://grainfoodsfoundation.org) and [WheatFoods.org](http://WheatFoods.org)

**Activity 3: What are six common ingredients in bread?** Flour (may be wheat, barley, rye, sorghum, cornmeal or oatmeal); water; leavening (yeast or baking soda or powder); salt; sometimes sugar, honey or molasses; a fat (oil, butter, lard, ghee or shortening). Do a search in the [Glossary](#) to learn more about each ingredient.

- Take time to learn about Wheat, Flour and Sugar. (see side bar)
- What does each ingredient do? (Flour—structure; gluten elasticity; Leavening- yeast—produce CO2 gas so bread expands; water—to moisten flour and make gluten structure; salt—flavor, control leavening; sugars—sweetness, color; fat—tenderizes structure, flavor)

**Activity 4:** Learn more about how ingredients are produced and function!

- How is wheat turned into flour? (View How Flour is Milled)
- Where does sugar come from? (See Sugar, Farm to Table at [sugar.org](http://sugar.org))
- What IS yeast? How does it grow? (Learn Yeast Science at [redstaryeast.com](http://redstaryeast.com))

**Activity 5: Let's bake!** Review the Baking Food Safety guide and choose your recipe! If you don't have an oven, you can bake tortilla and pita on a griddle!

### Supplies:

Hand washing and clean-up supplies  
 Photos of types of bread (See Activity 1)  
 World map or globe of countries  
 Photos/examples: corn, wheat, rye, barley, millet, sorghum [panhandlemilling.com](http://panhandlemilling.com)  
 A kitchen scale to weigh ingredients or dough to divide or portion it equally  
 Plastic food mats to stir, mix, knead and roll out dough  
 Small rolling pins for tortillas or pita  
 Recipe ingredients X number of teams  
 Measuring and mixing tools: bowls, stirring spoons, liquid and dry cups  
 Oven and baking pans OR griddle  
 Oven mitts  
 Paper plates to cool and serve bread  
 Plastic bags  
 Food Bags if sending home to eat!

### On-line Bread & Grain Resources

#### Age-Appropriate Baking

Thrill of Skill

[www.homebaking.org/getting-started/](http://www.homebaking.org/getting-started/)

#### Baking Food Safety 101

[homebaking.org/baking-food-safety/](http://homebaking.org/baking-food-safety/)

#### Bake for Good video

<https://www.facebook.com/watch/?v=198699524902804>

#### Fun Kids™—George Explores Breads around the World (UK)

<https://www.funkidslive.com/learn/the-grain-chain/>

#### How Flour is Milled (USA)

<https://www.namamillers.org/education/kid-zone/>

#### Sprouting UP!

<https://www.ndwheat.com/uploads/6/teaching-kids-about-wheat-wfc-feb-2014-received-2-13-14-final.pdf>

#### Sugar, Field to Table, [sugar.org](http://sugar.org)

#### Whole Grains 101

[wholegrainscouncil.org](http://wholegrainscouncil.org)



### Tortillas in a Bag Makes six, 8-inch tortillas

A daily staple—corn or wheat-- of North, Central and South Americans.

#### Ingredients

- 1 ½ cups all-purpose flour (or see variations\*)
- 1 teaspoon baking powder
- ½ teaspoon salt
- 2 tablespoons vegetable shortening
- ½ cup hot (120°F) water

**Instructions** *May also be mixed in a bowl!*

1. In a large self-locking plastic bag, combine flour, baking powder, and salt. Close bag and shake to mix. Add shortening and work into flour until fine particles form. Add hot water; knead the dough in the bag to form a ball.
2. Remove dough from bag and place on a lightly floured mat or surface; knead 15 strokes. Divide into six equal pieces; shape into balls. Cover; let rest 15 minutes.
3. On a lightly floured surface, roll each piece as thin as possible. Roll from the center out, turning several times to form an 8-inch circle.

### Book and Bake Reading List

#### Bread Around the World

John Serrano

**Bread, Bread, Bread.** Ann Morris

**Bread Song.** Frederick Lipp

**Everybody Bakes Bread.**

Norah Dooley

**The Sleeping Bread.** Stefan

Czernercki & Timothy Rhodes

**Tony's Bread.** Tomi dePaola

**Larissa's Breadbook.** Lorraine

Johnson-Coleman

4. Heat an ungreased griddle or skillet over medium heat. Cook until the surface begins to bubble and the under side is speckled golden-brown, about 15 to 20 seconds. Cook other side. Stack tortillas under a cloth as they bake; serve warm.

**\*Variations:** Use ½ cup corn meal and 1 cup all-purpose flour, or use ¾ cup whole wheat flour and ¾ cup all-purpose flour.

**Nutrition information** per serving (one tortilla): 152 kcal, 5 g fat, 0 mg chol, 234 mg sodium, 24 g carb, 1 g fiber, 3 g pro, 48 mcg folate

## EVERYBODY BAKES BREAD

### Pita Pocket Bread *A Mediterranean and Middle Eastern staple*

Makes 12, 6-inch pitas

**Ingredients** 2 ¼ teaspoons (1/4 oz/7g) RED STAR® Active Dry Yeast

1 ¼ cups (10 oz) lukewarm water (110-115°F)

1 Tablespoon (0.5 oz/14g) olive or vegetable oil

1 cup (4.25 oz) whole wheat flour

1 teaspoon (6g) salt

2 cups (8.5 oz) all-purpose flour, divided

Cornmeal or wheat germ

#### Instructions

1. In large mixing bowl, dissolve yeast in ½ cup water. Stir in remaining ¾ cup water mixed with oil. Vigorously stir in 1 cup whole wheat flour, salt, and 1 ½ cups all-purpose flour to form a soft dough.

2. Turn dough onto floured surface. Knead dough about 10 minutes or until elastic, adding only enough flour to manage the dough. Place dough in greased bowl. Cover, let rise at room temperature until double, about 1 ½ hours. (Dough may be refrigerated, but will need a punch. Will keep 1-2 days.)

3. Punch down dough and roll into long cylinder on lightly floured surface. Cut into 12 equal pieces.

4. Form each piece into a smooth ball. Cover, let rest 5 minutes.

5. With rolling pin, roll each ball out on lightly floured surface, flipping circles and using just enough flour to keep it from sticking. Make rounds as even and flat as possible, about 6 inches in diameter and ¼-inch thick.

6. Sprinkle cornmeal or wheat germ on baking sheet to prevent sticking. Place 3 to 4 pitas on each baking sheet. Move oven shelf to lowest position and allow pitas to rest while oven preheats to 500°F.

7. Work quickly so heat is not lost placing baking sheet on bottom oven rack. Bake 1 ½ minutes without peeking. Dough will begin to puff up. Continue baking 1 to 2 more minutes. (Little browning will occur since there is no sugar in the recipe.)

8. Remove from oven and cool on rack. Cut each pita in half. Eat fresh with a variety of fillings, or package and freeze.

**Nutrition information** (one pita): 123 cal, 2 g fat, 0 mg cholesterol, 196 mg sodium, 24 g carbohydrates, 2 g fiber, 4 g protein, 60 mcg folate.



NationalFestivalofBreads.com  
See Making Flat Breads w Teens,  
<https://www.homebaking.org/videos/>

### Pilgrim Bread *Makes two large loaves or two dozen 2 oz. round rolls*

*This bread is made from grains from our immigrant roots--Europe (rye), East Asia (wheat), Americas (corn)*

#### Ingredients and Instructions:

Combine in a mixing bowl

½ cup 2.5 oz/70g) yellow cornmeal

1/3 cup (2 oz/55g) brown sugar

2½ teaspoons (15g) salt

Gradually stir in 2 cups (16 oz) boiling water

Add ¼ cup (1.5 oz/45g) vegetable oil

Cool to lukewarm (105 to 115 ° F)

Stir together 2 pkgs (1/2 oz/14g) active dry yeast and ½ cup (4 oz) lukewarm water

Beat dissolved yeast into lukewarm cornmeal mixture along with:

1 ½ cups (6.25 oz/180g) whole wheat flour

½ cup (2 oz/55g) rye or sorghum flour

Stir in 4½ cups (1 lb 1 oz) unbleached all-purpose flour (or use bread flour, using slightly less)

View How to Knead in the  
Baking Glossary.

[www.homebaking.org/glossary/#k](http://www.homebaking.org/glossary/#k)



#### Instructions to complete bread dough and bake--

STEP 1: Turn rough mixture of dough onto a lightly flour surface to knead until smooth and elastic OR using a dough hook attachment knead on a mixer 10 minutes or more until dough picks up and cleans the mixing bowl.

TIP: If kneading by hand, take a break—turn bowl over partially kneaded bread and return to complete kneading after about 5 minutes. If dough is too dry, add 1 -2 T. water as it mixes/kneads. Higher protein flour will absorb more moisture.

STEP 2: Fermentation--Place dough in a lightly greased bowl, turn to grease dough surface. Cover and let rise in a warm (78-80°F) place until doubled in size. Punch dough gently to deflate. Knead 3 more minutes. Round the dough into a ball. Cover the dough with the bowl and let rest 5 minutes.

STEP 3: Weigh dough—divide evenly in half or into 24 small dough pieces. Round each into a smooth ball, pinched at the bottom. Place on a greased or parchment lined baking sheet pan. Cover and allow shaped bread to double in size.

STEP 4: Preheat oven to 375°F. Bake large loaves 35 to 40 minutes-- 200°F at center of loaf. Rolls, bake 15-18 minutes, until golden. Cool on a wire cooling rack—don't slice, eat or package bread until cooled to 100°F. at center.

**Nutrition Information:** One slice (1 oz/28g): 107 calories; 3g protein; 19g carbohydrates; 2 g dietary fiber; 2 g fat; 0 mg cholesterol; 7 mg calcium; 86mg potassium; 188mg sodium

Source of original recipe: *The More-with-Less Cookbook*, Mennonite Central Committee, Doris Janzen Longacre with Ruth B. Hess.