

Bake homemade bread

Follow our activity guide for a tasty activity with plenty of learning opportunities. Homemade bread is often healthier, higher in fibre and lower in salt and additives than commercial varieties too!

Learning aims

- PSE - Following instructions, taking turns, finding out what they are capable of, pride in their own achievements
- PD - Awareness of healthy food; manipulating dough using small muscles
- CL - Listening and attention, speaking, language, gaining new words such as yeast, knead, dough, rise, stir, mix, prod
- M - Weighing and measuring out ingredients; an awareness of time, numbers and shape
- L - Kneading dough encourages children to use the small muscles in their hands. great for early writing skills; following a recipe
- UW - Understanding where our food comes from; awareness of foods in other countries/cultures
- EAD - Learning how to use tools and use them safely; how different materials can change forms.



Resources

- 750g strong bread flour
- 2 tsps salt
- 425ml warm water
- 20g fresh yeast
- 4 tbsps olive oil
- 2 tsps sugar
- Beaten egg for egg wash (optional)
- Large bowl
- Measuring scales
- Wooden spoon
- Extra flour for dusting
- Baking tray.

Activity Outline

This activity is aimed at pre-school aged children but can be adapted for younger children.

- Encourage children to wash and dry their hands
- In a small group support the children to weigh out the flour and salt and mix them together in a bowl
- Ask the children if they know what the scales are used for – talk about heavier, lighter etc.
- Show the children the fresh yeast. Give them time to look at and smell it. Ask them if they like/dislike the smell, ask them to guess what they think it is before telling them and explaining its purpose
- Ask one of the children to measure the warm water (150ml)
- Give each child some of the yeast and ask them to crumble the yeast into the water
- Talk to the children about what the yeast does and share some pictures from a recipe book or photos of dough/bread rising
- After about 10 minutes the yeast should be fizzing and bubbling on the surface; encourage the children to look at this and talk about what is happening
- Support the children to measure out the olive oil, sugar and rest of the warm water and ask them to add this to the yeast mixture
- Add the yeast mixture to the dry ingredients in the bowl and give all of the children an opportunity to mix the ingredients together until it is combined and then form a dough
- Lightly flour a clean, dry surface and give each child a portion of dough and show them how to 'knead' it. Support them to do this until the dough becomes 'springy'.
- Get the children to check the dough by prodding or poking their finger in the dough and watching it spring back
- Explain to the children that the dough needs to 'rise'.
- Put their individual pieces of dough on a tray, cover them with cling film and put them in a warm place rise until it has doubled in size
- Ask the children to guess what might happen to the dough
- Preheat oven to temperature 200 degrees C or gas mark 6
- Encourage and support the children to wash their hands and tidy up
- When the dough has risen (after about 30 mins) encourage the children to talk about what they see, what has happened to the dough and what they think helped it to rise
- Go through the stages of the bread making with them, pausing at appropriate intervals to allow them to recall what they did
- Brush the dough with egg if preferred and bake in the oven for about 20 minutes
- When ready, explain to the children that the bread needs to cool; talk about safety and how to keep themselves safe
- When the bread is still warm (not hot!), encourage children to smell the dough, talk about how the mixture has changed from beginning to end
- Eat and enjoy!

Extension ideas

- Add chopped fresh herbs such as rosemary or add seeds to the top such as poppy or sesame seeds
- Make or talk about bread from other countries e.g. naan bread, chapattis etc.
- To make a quicker recipe you could use a ready-made bread mix or use dried yeast
- If you have access to a bread mixer, this can support children's understanding of technology and how things work
- Make a basic flour and water dough (maybe include some herbs) with toddlers and younger children, to encourage sensory and fine motor play.

Special considerations

Ensure you take note of any children with food allergies or intolerances and find suitable alternatives.