

HAVE FUN AND LEARN!

Science Edition



Ingredients to Make Yummy Bread!

FLOUR

Different kinds of flour make different kinds of bread. White bread uses white flour and brown bread uses whole wheat or multigrain flour. But there are lots of other flours to discover, too!

WATER

Water is important to make the dough the right texture – nice and soft.

YEAST

Yeast is almost like a tiny living creature called a 'microorganism'! Yeast helps to ferment your doughs so that they bubble up and grow!

SUGAR

Sugar is an important food for yeast because eating the sugar is what the yeast does in order to become 'active' in your dough.

SALT

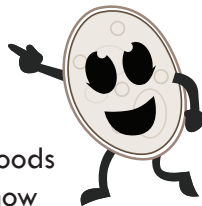
Salt makes your dough flavourful.

AIR TEMPERATURE

For dough to rise, the temperature should not be too hot or too cold. Doughs rise best at room temperature.

Fermented Foods

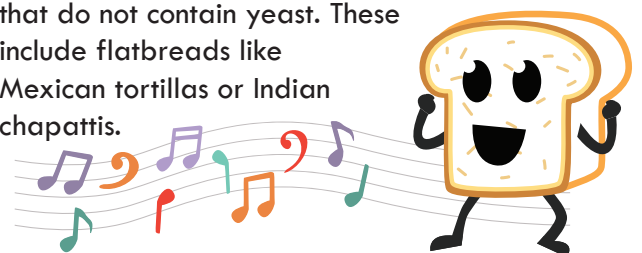
Fermented foods are created when the almost invisible living creatures (microorganisms) mix with other ingredients in the food. Fermented foods are good for your tummy! Do you know which of the foods below are fermented?



- | | |
|---|--------------------------------------|
| <input type="checkbox"/> Bread | <input type="checkbox"/> Pizza dough |
| <input type="checkbox"/> Yoghurt | <input type="checkbox"/> Sausages |
| <input type="checkbox"/> Cheese | <input type="checkbox"/> Toffees |
| <input type="checkbox"/> Chocolate mousse | |

Did you know...?

- You can tell when bread is done by the music it makes. Tap your knuckles on the bottom of the bread and if it sounds hollow, it's done baking!
- There are certain types of bread that do not contain yeast. These include flatbreads like Mexican tortillas or Indian chapattis.

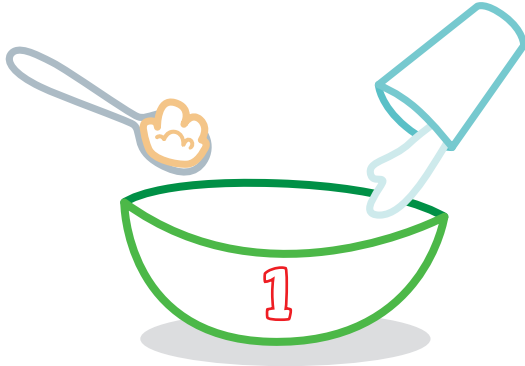




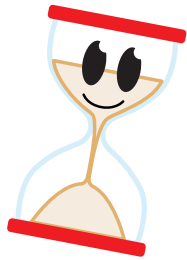
Experiment Time - The Magic of Yeast

With the help of your parents, try this fun experiment! We recommend this activity for kids aged 6 and up.

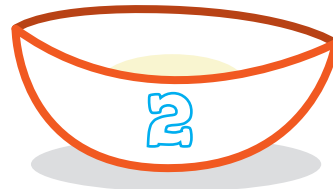
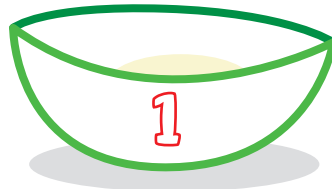
- 1** Get two bowls. In the first bowl, mix 2 tsp dried instant yeast with 220 g warm water. Label this bowl #1.



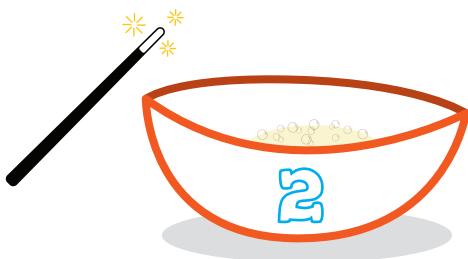
- 2** In a second bowl, mix 2 tsp dried instant yeast with 220 g warm water and 1 tsp of sugar. Label this bowl #2.



- 3** Leave both of the bowls to rest for 10 minutes.



- 4** After 10 minutes, look in both bowls; what do you see? Did you notice that one bowl is bubbly? This bowl had sugar, and the yeast was eating the sugar, creating a fermentation effect.



- 5** Slowly add in 400 g of flour to the bubbly yeast mixture and mix it thoroughly with your hands. Did you notice how different the dough feels when you add more flour?

