

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, brown bread uses whole wheat or multigrain flour. But there are lots of other flours to discover too!

WATER

Water is important to give the dough the right texture – smooth and soft.

SUGAR

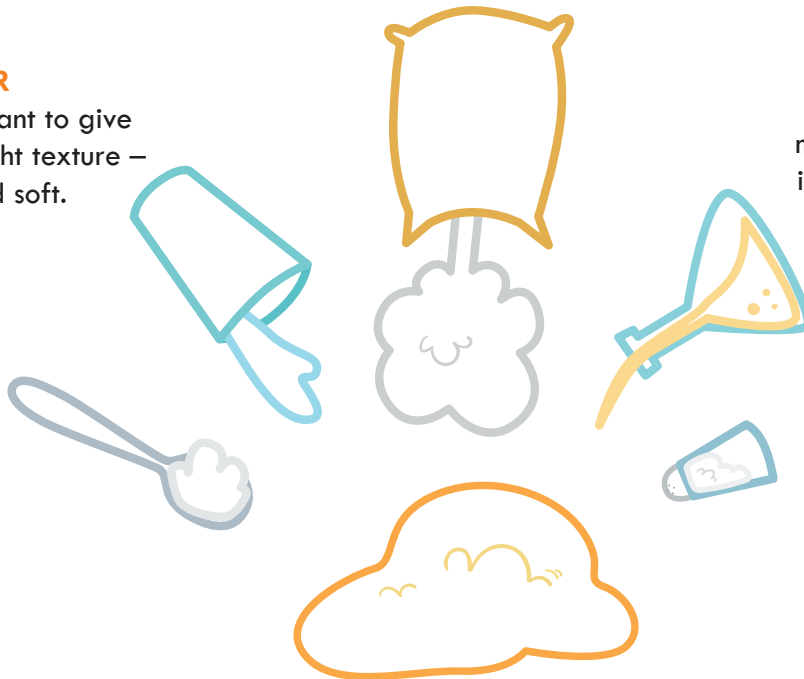
Sugar is an important food for yeast.

YEAST

Yeast is an almost invisible microorganism, that is alive! It is the magical ingredient that helps ferment your doughs and allows them to become well-risen loaves of bread.

SALT

Salt makes your dough flavorful and strong.

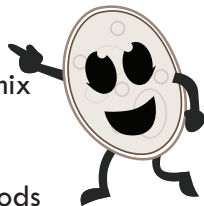


AIR TEMPERATURE

For dough to rise, the temperature should be just right... not too hot or too cold. Doughs like room temperature.

Fermented foods

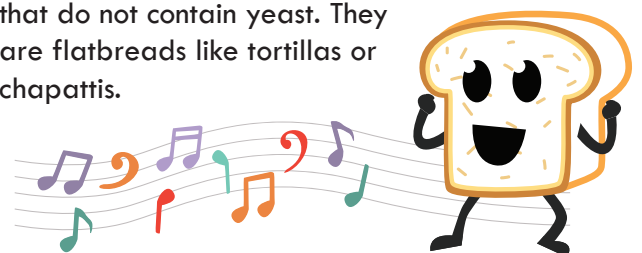
Fermented foods are created when the almost invisible microorganisms mix with other ingredients in the food. Fermented foods are good for your tummy! Do you know which of the foods below are fermented?



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

Did you know...?

- You can tell when bread is done by the music it makes. Tap your fingers 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. They are flatbreads like tortillas or chapattis.

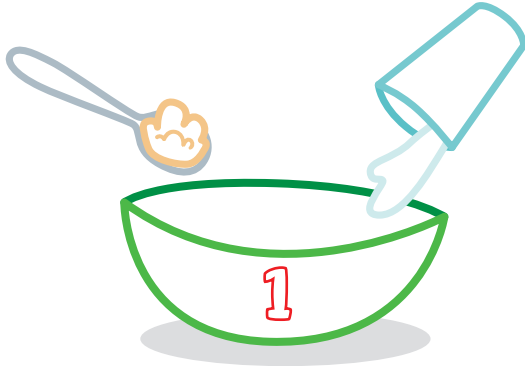




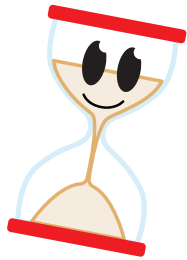
Experiment time - The magic of yeast

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

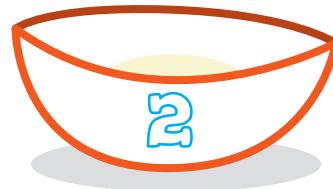
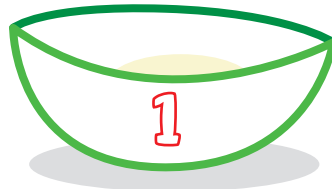
- 1** Get two bowls. In the first bowl, mix 2 tsp dried instant yeast with 8 oz warm water. Label this bowl #1.



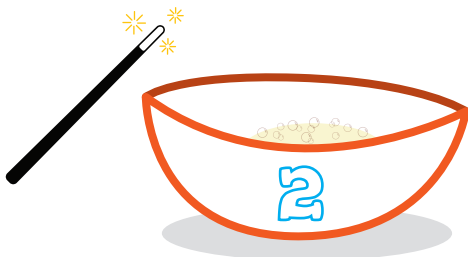
- 2** In a second bowl, mix 2 tsp dried instant yeast with 8 oz warm water and 1 tsp of sugar. Label this bowl #2.



- 3** Leave both bowls alone for 10 minutes.



- 4** After 10 minutes, look in both bowls, what do you see? Did you notice that one bowl is bubbly? Bowl #2 had sugar, and the yeast was eating the sugar, creating fermentation.



- 5** Slowly add in 14 oz of flour to the bubbly yeast mixture in Bowl #2, and mix with your hands. Did you notice how different the dough feels when you add more flour?

