

Have Fun with Wheat!

Standards of Learning

Math: 2.11, 3.9

Objective

Students will:

- Use appropriate measurements to make bread in a bag
- Identify products made from wheat

Materials

- Sample of wheat products (optional)
- Gallon-sized plastic baggies
- Access to an oven
- Loaf pan or cookie sheet
- 4 cups of all-purpose flour
- 1 pkg. or 2 $\frac{1}{4}$ teaspoons of yeast
- Warm water (1/2 cup as well as $\frac{3}{4}$ cup)
- 2 tablespoons sugar
- 2 cups whole wheat flour
- 1 tablespoons vegetable oil
- 2 teaspoons salt
- Non-stick cooking spray

Background Knowledge

Winter wheat, which is the most common variety of wheat produced in Virginia, is largely produced on the eastern side of the state. Virginia grown wheat is used for animal feed, export grain, and ground into flour.

Procedure

1. Have students brainstorm a list of products that use wheat. Share those that you have brought in. Ask them to list their favorite wheat products.
2. Tell them that they will be making their own wheat product today – bread.
3. Discuss the importance of measuring when baking. Have students take turns measuring the appropriate amount of ingredients for the bread.
4. In one gallon-size zipper bag, mix:
 - a. $\frac{1}{2}$ cup of all-purpose flour
 - b. 1 pkg. yeast (quick rise with speed things along)
 - c. $\frac{1}{2}$ cup warm water
 - d. 2 tablespoons sugar
5. Close the bag and take turns kneading it with fingers until the ingredients are completely blended. Leave bag closed, with contents in the corner.
6. Let dough rest for 10 minutes. Then add:
 - a. 2 cups whole wheat flour
 - b. $\frac{3}{4}$ cup warm water
 - c. 1 tablespoon vegetable oil
 - d. 2 teaspoons salt
7. Mix well. Add enough all-purpose flour to make a stiff dough, about 1 or 1 $\frac{1}{2}$ cups.
8. Close the bag and knead it (you may need to remove some air from the bag).



9. Add more flour until the dough no longer sticks to the bag.
10. Let the dough rest for 5 minutes.
11. Open the bag and allow the dough to fall out onto clean or gloved hands. Spray the hands or gloves with oil so there will be no sticking.
12. Form the dough into a loaf. Place the dough into a loaf pan or onto a cookie sheet.
13. Allow to rise 30 (for quick rise yeast) to 45 minutes. Bake 30-35 minutes in a 350 degree oven.
14. Enjoy!

