JR-SCIENTISTS

BREAD IN A BAG

This bread in a bag activity for kids is a great way to develop math, science, and even fine motor skills! Plus, it tastes amazing!

SUPPLIES

Flour
Granulated sugar
1 packet rapid rise yeast
Salt
Warm water
Olive oil
Large zip lock bag

INSTRUCTIONS

STEP 1: Before you start, open up your zip-lock bag and place it in a large bowl.

STEP 2: Scoop 1 cup flour into a large zip-lock bag, with 3 tablespoons sugar, 1 .25oz packet of rapid rise yeast and 1 cup of warm water.

STEP 3: Let the air out of the bag, then seal the bag closed and mix from the outside of the bag with your hands. Let the mixture sit for 10-15 minutes.

STEP 4: Now open the bag and add 1 cup of flour, 1 1/2 teaspoons of salt and 3 tablespoons of olive oil. Seal the bag, and mix again.

STEP 5: Add 1 more cup of flour, seal and mix again.

STEP 6: Remove the dough and knead for 10 minutes on a piece of floured parchment paper to prevent the dough sticking to the surface.

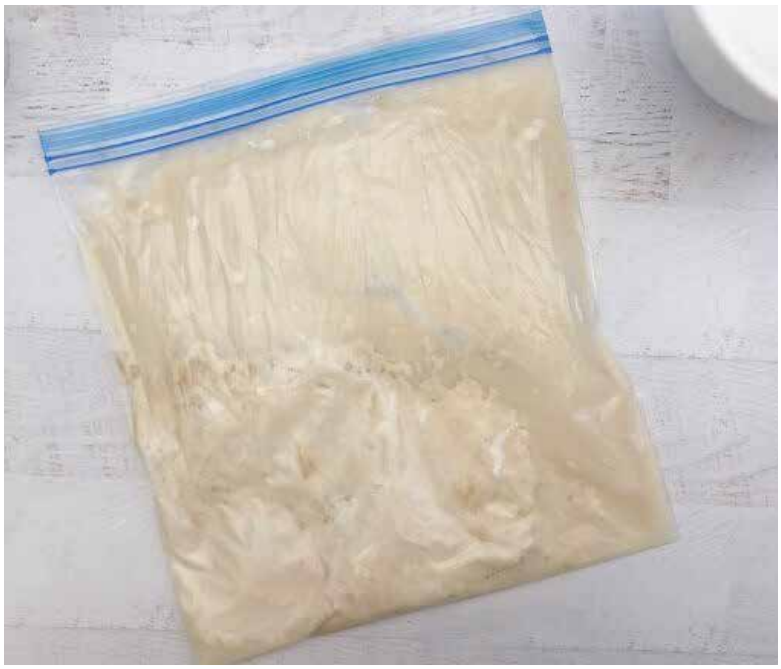
STEP 7: Cover with a warm damp hand towel for 30 minutes.

STEP 8: Place in a greased pan and bake for 25 minutes at 375 degrees.

THE SCIENCE

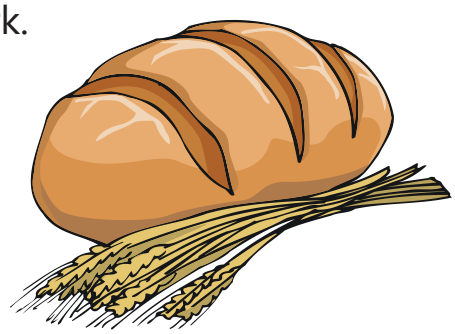
Did you know yeast is actually a living, single-cell fungus! Hmm doesn't sound too tasty, does it? Our bread in a bag recipe below uses an active dry yeast that you can find in little packets in the grocery store. This type of yeast is also dormant until you "wake it up". Yeast needs to be combined with warm water and a food source, sugar, to wake up and do its thing. The sugar feeds the yeast and creates the fermentation process. If you notice bubbles forming, that's carbon dioxide gas given off by the yeast as it's eating the sugar.

Fleischmann's
RapidRise
Instant Yeast
FAST-ACTING



Bread in a Bag Observations

Use this worksheet to process and evaluate your work.



What did you learn about yeast?

What do you think the bread would look like without yeast?

Did you observe anything happening when you mixed the yeast?

What did the bread feel like when you kneaded it?

What did you see inside the bread when it was done?