

"WHEAT FOR KIDS" Lesson Plan

by Ronda Snyder

Text: *"Wheat For Kids... Everything You Ever Wanted To Know About Wheat"* available through the SD Wheat Commission or SD Ag In The Classroom.

Introduction:

WHEAT -- important part of people's diets all over the world

--most versatile grain known to man

--storehouse of nutrients

--part of the foods we eat for breakfast, snacks, lunch and dinner

MyPyramid recommends a range of 6-11 servings from the Bread, Cereal, Rice & Pasta group daily. Average American eats about four servings.

What Wheat Looks Like:

Wheat --a type of grass that grows tall and forms heads

--has several parts: Head (beard & kernels)

Stem (show wheat plants)

Leaves

Roots

When a field of wheat is ready for harvest, farmers use a combine to cut the wheat plants and separate the stems from the kernels. The grain is collected in the combine and the stems and leaves are blown out the back onto the ground. The wheat or grain is dumped into a truck and hauled to a storage bin or taken to a mill to be made into flour.

(show toy combine and wheat kernels (berries))

??Did You Know??

*One combine can harvest enough wheat in 9 seconds to make 70 loaves of bread

*A bushel of wheat weighs about 60 pounds.

*A bushel of wheat makes about 73 1-pound loaves of bread.

(show 1-pound loaf of bread)

(see booklet pg. 4 for additional trivia)

(see booklet pg. 6 for the milling process)

About Wheat Flour:

- Wheat flour is the most important ingredient in home baking, in commercially baked products, and in pasta.
- There are many kinds of flours. A few examples are all-purpose flour, bread flour, self-rising flour, cake flour, whole wheat flour.
- Bread, rolls, crackers, pasta, breakfast cereals, tortillas, and many other foods contain wheat or wheat flour as a major ingredient.
- Bread and rolls are the most popular throughout the United States.

Why Wheat Is Good For Us:

- Wheat and wheat foods are part of the base of the Food Pyramid.
- Wheat foods are not only delicious, but also nutritious.
 - *Carbohydrates--provide energy for our bodies
 - *Vitamins and Minerals--keeps body healthy and functioning properly
 - *Fiber--acts like a broom to sweep out the digestive tract
 - helps protect against some types of cancer and heart disease

Ingredients in Bread and Where They Come From:

- Flour - main ingredient
 - made from wheat, grown from the soil
- Yeast - tiny fungus
 - makes bread rise to be fluffy and light
 - when mixed with warm liquid, yeast becomes "active" and makes lots of tiny bubbles
 - bubbles get trapped in the dough to make it stretch and rise
- Water - provides liquid for the dough
 - comes from the ground
- Milk - (powdered) milk that has had the water removed
 - comes from dairy cows, cows eat grass, grass grows in the soil
- Sugar - provides food for the yeast to work
 - provides sweetness for the bread
 - comes from sugar cane / sugar beets, cane/beets are grown in the soil
- Butter - (or margarine) adds enough fat to make the bread tender
 - butter is made from the fat of milk, milk comes from cows
 - margarine is made from corn or soybeans or other plants, plants are grown in soil
- Salt - helps control the yeast growth and adds flavor
 - mineral that is mined from the ground

Hands on Activity -- Let's Make Bread-in-a-Bag! Bread-in-a-Bag Recipe

1-gallon heavy-duty freezer bag	2 tablespoons sugar
1 package active dry yeast	2 tablespoons margarine
1 cup warm water	1 teaspoon salt
1/3 cup powdered milk	3-3 1/2 cups of bread flour (or all-purpose flour)

- *Arrange all supplies on one table.
- *Clear desks and wash well. (shaving cream works great for cleaning)
- *Divide class into groups of 3. Have each assume a number 1-3 in each group.
- *Each student will be able to come up twice to the supply table.
- *Give each group a zip-lock bag (gallon size).

Ready to Begin!

- *Have all #1's bring bag to supply table. Adult Leaders put in yeast and water (needs to be WARM and measure carefully!)
- *Students return to groups after each visit to supply table.
- *Mix ingredient well after each addition.
- *#2's get powdered milk and sugar.
- *#3's get margarine and salt.
- *#1's get 1 cup flour. Return and mix until no flour is evident.
- *#2's get 1 more cup of flour. Return and mix until no flour is evident.
- *#3's get 1 last cup of flour. Return and mix until no flour is evident.

- *Leaders walk around to the groups adding small amounts of flour as needed until dough is ready to be kneaded by hand.
- *Sprinkle clean desks with small amounts of flour. Dump dough onto desk. Divide into 3 parts (or the number in the group). Each student is now able to work with his/her own dough.
- *Give a brief lesson on kneading if necessary.
- *Students knead dough until it is smooth and elastic and no flour is evident.
- *Punch down the dough with your hands, using a "karate chop". Flatten it and roll it up like a sleeping bag. Pinch seams together with your fingers.
- *Place the loaves on a cookie sheet lightly sprayed with vegetable spray. Cover for about an hour. The loaf will be double in size.
- *Heat oven to 375 degrees and bake on center rack for 25 minutes or until golden brown. Remove from sheet and cool.
- ** You could use this time to talk about some of the above information.