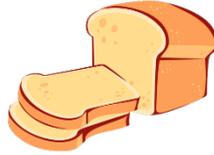




Bread in a Bag Activity



Supplies: 1-gallon sized Ziplock Bag, 3 cups flour, 1 packet of rapid-rise yeast, 1 cup warm water, 3 Tablespoons sugar, 3 Tablespoons olive oil, 1 ½ teaspoon salt, butter, or non-stick spray, 2 loaf pans

Instructions:

1. Add 1 cup of flour, 3 Tablespoons sugar, one packet of rapid-rise yeast, and 1 cup of warm water in your Ziplock Bag. Press as much air out of the bag as possible and close the bag tightly. Mix and squish the bag until the dough is uniformly mixed.
2. Set the bag aside and rest for 10 minutes at room temperature or until the CO₂ bubbles appear and the bag inflates.
3. Add 1 cup of flour, 3 Tablespoons of olive oil, and 1 ½ teaspoons of salt into your bag. Press out as much air as possible. Squish and mix the bag until well combined.
4. Add the final cup of flour to your bag and seal tightly. Mix the dough well until no flour pockets exist.
5. Remove the dough from the bag and place on a lightly floured surface. Knead the dough for 8 to 10 minutes. Split the dough to form two loaves and put into two 8"x4" inch loaf pans.
6. Cover with towels, and let rise for about 30 minutes or until your finger leaves an impression when you poke the loaf.
7. Preheat the oven to 375 degrees.
8. Bake the bread for 35 minutes in the oven or until golden brown. Let the bread cool, slice, and enjoy your hard work!

Talking Points:

- What makes bread dough rise?

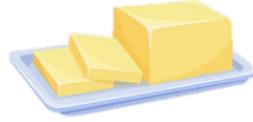
Bread gets its light and fluffy texture from leavening agents like yeast, baking powder, and baking soda. The CO₂ from the yeast in this recipe creates bubbles in the bread dough and causes the bread to rise. When put in the oven, the heat causes the CO₂ to expand even more, and the bread becomes taller.

- What is yeast?

Yeast are single-cell microorganisms. The yeast survives by eating carbohydrates like fructose or glucose and using their enzymes to break the sugars down into usable components. This breakdown is called fermentation and converts carbohydrates to carbon dioxide gas (CO₂)!



Butter in a Cup Activity



Supplies: Heavy Whipping Cream and Plastic Portion Cups

Instructions:

1. Fill your plastic portion cups up about halfway with heavy whipping cream. Place the lid on the plastic cups.
2. Shake the plastic portion cups until the butter starts to form a soft lump. Continue to shake the cup until the buttermilk separates from the lump, and you are left with a solid lump of butter and some buttermilk. It should take about 3-5 minutes.
3. Pour off or drink the buttermilk to have the solid butter left.
4. Serve it! The butter pairs wonderfully with our bread-in-a-bag recipe.

Talking Points:

- Butter Making Process:
 1. After milking a cow, the milk is left to settle, allowing the cream to rise to the top.
 2. After skimming the cream off the top, it would have been placed in a churn where a plunger was repeatedly moved up and down.
 3. Milk is made of fat, and the butter-making process (churning or shaking) breaks the membranes around the fat.
 4. This allows the fat to clump together and separate from the liquid.