

Learn How to Make Bread from Yeast Dough

Try making bread with your preschooler to teach her about the fascinating world of yeast and bread baking! She'll have fun watching the yeast come alive while learning about the science behind making bread. This activity will also help her develop her fine motor skills as she helps knead the dough and introduce her to the joys of home cooking as she munches on warm bread straight from the oven.

What You Need:

- 1 package yeast
- 1 1/2 cups warm water
- 1 teaspoon salt
- 1 tablespoon sugar
- 4 cups flour
- Measuring cups and spoons
- Large bowl and mixing spoon
- Cookie sheet, greased
- Pastry brush
- 1 egg, beaten
- Salt (optional)



What You Do:

1. Help your child measure the warm water and pour it into the large bowl.
2. Let your child sprinkle yeast into the water and have her stir it until it's soft. The yeast will begin to "bloom" in the warm water.
3. Carefully add the salt, sugar, and flour. Mix until the dough forms a ball.
4. Have your child knead the dough on a floured surface until smooth and elastic.
5. Help her roll and twist the dough into shapes such as letters, animals, or unique shapes.
6. Place the dough sculptures on a greased cookie sheet. Cover and let rise in a warm place until doubled in size. Explain to your child how yeast makes the bread grow.
7. Brush each sculpture with beaten egg. Sprinkle with salt (optional).
8. Bake for 12 to 15 minutes at 350 degrees until sculptures are firm and golden brown.
9. Cool slightly. Eat and enjoy!

You can also use this delicious dough to make healthy, seasonal treats such as jack-o-lanterns in the fall, snowflakes in the winter, bunnies in the spring, and great big suns in the summer.

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