**Bread in a Bag**

**Snack Activity**

**Objectives:**

1. Review health benefits of bread.
2. Learn some basic bread-making skills.

**Age:**

8 years and older.

**Length:**

Approximately 15 to 20 minutes to prepare. An additional 20 to 25 minutes for baking and cooling.

**Supplies and Materials:**

1. Ingredients and supplies listed on the attached *Bread in a Bag* sheet.

2. Facilities with hot water for hand washing and for water in the recipe.

3. *Bread in a Bag* instruction sheet – one for each team. In addition, copy one handout for each participant’s take-home bag.

4. Oven for baking mini-loaves or bread sticks. If ovens are not available at the site, participants can make mini-loaves in disposable pans then take the loaves home to bake.

**Special Considerations:**

*Food Allergies:* Be aware that some participants may have food allergies. For participants with yeast, wheat or gluten allergies, provide an alternative snack preparation task. They can prepare the fruit salad or vegetable tray. If just one participant has this allergy, assign a few others to help with the alternative task to prevent drawing attention to the one participant.

**Activity Directions:**

1. Prepare work areas for teams of 3 to 4 participants to work together on one batch of the bread. Each team can make a different variation of the bread sticks with one team making mini-loaves.
2. Before, during and/or after this activity, share some important information about health benefits of bread such as the following:

* Fiber, or roughage, is plant material that your body cannot digest. It picks up water in your intestines, like a sponge, and carries it through your system. This helps move food through your digestive tract.

* Whole grain breads are a great source of fiber. A whole grain bread will have the word “whole” in the title – for example whole oats or whole wheat.

* In addition to fiber, breads provide minerals and vitamins including several B Vitamins.

* The USDA MyPlate reminds us to eat about 6 ounces of grains each day for kids 9 to 13 years old. One serving of bread is one-ounce, or about one slice of bread. Half our grains should be whole grains.

3. Once baked, enjoy the bread with other snacks. Fresh bread smells great and is tasty. Margarine and jelly are optional.

**Take Home Tidbit**

_Bread in the Bag_ instructions handout.

**Sources:**
