

# What You Will Need

## Equipment:

- Gallon size zip-type freezer bags
- Measuring cups
- Measuring spoons
- Food thermometer
- Clean towels
- Rolling pins
- Loaf pans
- Oven
- Hotpads
- Sanitizer

## Ingredients:

- White, all-purpose flour
- Whole wheat flour
- Rapid rise yeast
- Sugar
- Nonfat dry milk
- Salt
- Vegetable oil

## Other Possible Activities:

[http://www.floridawic.org/Documents/whole\\_grain\\_choo-choo\\_train\\_book/lesson\\_plan.pdf](http://www.floridawic.org/Documents/whole_grain_choo-choo_train_book/lesson_plan.pdf)

**Craft** – Pass out black and white pictures to each child: Haley Whole Wheat Bread, Tito Soft Corn Tortilla, Bonita Brown Rice and Ollie Oatmeal. Have children color their picture and glue it to construction paper to make a hat.

**Activity** – Whole Grain Choo-Choo Train Game and Movement Time

The teacher says, “We are going to play the Whole Grain Choo-Choo Train game.” “I am the head of the train and I am going to come around and ask you to get on board.” The teacher then goes around to each child and says, “Come on board Ollie Oatmeal (or whichever grain they are wearing on their hat.)” Then each child stands behind the teacher and holds onto the waist of the child in front of them to make a train. The teacher can ask the children to say “Choo-Choo Whole Grains” as they go around picking up “whole grains”.

## The Story of Wheat for Kids

Grades 3 to 5

<http://www.ndwheat.com/uploads/resources/371/story-of-wheat-nd2005.pdf>

North Dakota Wheat Commission



**K-STATE**  
Research and Extension

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It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.



# Bread in a Bag

*Loaf makes 16 slices*

- 2 cups all-purpose flour, divided
- 1 package rapid rise yeast
- 3 tablespoons sugar
- 3 tablespoons nonfat dry milk
- 1 teaspoon salt
- 1 cup hot water (125 to 130 degrees F)
- 3 tablespoons vegetable oil
- 1 cup whole wheat flour



To mix the ingredients, use a gallon-size, zip-type freezer bag.

1. Add to bag:
  - 1 cup all-purpose flour
  - 1 package rapid rise yeast
  - 3 tablespoons sugar
  - 3 tablespoons nonfat dry milk
  - 1 teaspoon salt
2. Shake and work bag with fingers to blend ingredients.
3. Time to add more ingredients! Open the bag and add:
  - 1 cup hot water (125 to 130 degrees F)
  - 3 tablespoons vegetable oil
4. Reseal the bag. Mix by working the bag with your fingers.
5. Open the bag and add:
  - 1 cup whole wheat flour
  - enough all-purpose flour to make a stiff dough (less than 1 full cup)
6. Squeeze out the air from the bag and seal the bag. Squeeze until the bag pulls away from the dough.
7. Put a little flour on your hands. Remove dough from the bag. Place it on a clean work surface, dust with flour.
8. Use your fingers to fold the dough, the heel of your hand to press and push the dough and your fingers to turn the dough. This is called kneading. Do this for about five minutes, until the dough looks smooth and elastic.
9. Cover dough with a clean cloth and let it rest for 10 minutes.
10. **\*\*You're ready to roll!**  
Using a rolling pin, roll dough into a rectangle 12-inches by 7-inches on a floured surface. Roll up from narrow end. Pinch edges and ends to seal. It should look loaf-shaped when you are done.

*Over*

11. Place dough in a loaf pan that has been sprayed with non-stick cooking spray. (Place dough pinched-seam side down.) Cover and let rise in a warm, draft-free place for 60 minutes or until doubled in size. Bake bread in a preheated oven at 400 degree F for 30 to 35 minutes or until golden brown. Remove bread from pan and cool on a wire rack for 15 minutes before cutting.

## Variations

### \*\*To make small loaves

One recipe will make 3 small loaves of bread. Let rise in warm place for 35-45 minutes or until double. Bake in convection oven at 375 degree F for 25-30 minutes or regular oven at 400 degree F for 20-30 minutes.



### \*\* To make pizza

Preheat oven to 450 degrees F. Lightly flour counter and form dough in circle and place on a greased cookie sheet. Spread tomato sauce over dough and top with mozzarella cheese and toppings. Bake 15 to 20 minutes or until crust is golden brown.

### \*\*To make pretzels

Preheat oven to 425 degrees F. Roll pieces of dough into 12-inch lengths, about 1/2-inch thick. Form the dough strips into different shapes (pretzel-shape, numbers or letters). Place on a lightly greased baking sheet. Brush with egg or water and lightly sprinkle with salt or poppy seeds. Bake 15 minutes or until golden brown.



**Nutrition Facts:** *One serving provides 60 calories, 0mg total fat, 0mg cholesterol, 0mg sodium, 15g total carbohydrate, 30% Vitamin C*

*Source: Wheat from Field to Table, [http://www.oznet.ksu.edu/library/4h\\_y2/4h604.pdf](http://www.oznet.ksu.edu/library/4h_y2/4h604.pdf)*