HEALTHY EATING ACTIVITY

MAKING BREAD

Making bread creates opportunities for experimentation and creativity. This activity allows the children to learn how bread is made and the different varieties of bread available. It can also be a good tool for teaching patience, as it is not a process which can be hurried. Involve the children directly or have them observe, either way they will witness the mixing, rising, and baking of delicious fresh bread which may enhance their willingness to try foods they may otherwise not eat.

Note: Ensure none of the children have allergies to gluten or wheat.

- **Bread Recipe (for 1 loaf = 8 thick slices)**
    - 500g granary, wholemeal or white bread flour
    - 7g dried yeast
    - 1 tsp salt
    - 2 tbsp olive oil
    - 1 tbsp of honey

Method:

- Tip the flour, yeast and salt into a large bowl and mix (with a spoon or little hands). Stir 300mls of warm water with the oil and honey and then stir into the dry ingredients to make a soft dough.

- Turn the dough out onto a lightly floured surface and knead for 5 minutes, until the dough no longer feels sticky, sprinkling with a little more flour if you need it.

- Oil a loaf tin or a baking tray (for a free-form loaf or individual rolls) and place the dough in/on the tray. Put in a large plastic food bag and leave to rise for 1 hour, until the dough no longer springs back when you press it with your finger.

- Heat over to 200◦C/fan. Make several slashes across the top across the top of the loaf with a sharp knife and then bake for 30-35 minutes until the loaf is risen and golden.

- Place the loaf on a cooling rack and leave to cool.

Children will learn:

- **Learn to communicate and interact with others**
- **Enhance fine motor skills**
- **Describe texture, and compare and contrast different types of bread How bread is made**

Eggplant Bread with Honey

Ingredients:

Honey	1 cup
Flour, self raising	2 cups
Salt	1 tsp
Eggplant, baked and pureed	2 cups
Oil, vegetable	½ cup
Baking powder	2 tsp
Egg	2 large
Dates and raisins	½ cup

Method:

1. Pre-heat the oven to 180°C. Grease a loaf tin.
2. Beat eggs, honey and oil until blended.
3. Stir in flour, baking powder and salt until moistened.
4. Fold in eggplant and fruit.
5. Pour into the loaf tin and bake for 40 minutes.

Tomato Bread

Ingredients:

Bread flour	3 cups
Sugar	3 tsp
Yeast, active dry	2 packets
Salt	1 tsp
Oregano, dried	1 tsp
Garlic, fresh or dried	½ tsp
Clever tomato Sauce (see recipe on	1 cup website)
Tomato juice 1 ½ cup Oil, olive	2 Tbs.
Basil, dry or fresh	½ Tbs
Rosemary, chopped finely	½ tsp

Method:

1. In a large bowl, combine 3 cups flour, sugar, yeast, salt, oregano, garlic powder, basil and rosemary.
2. In a large saucepan, heat the tomato juice, tomato sauce and, stirring occasionally. Add the dry ingredients; beat until smooth. Stir in enough remaining flour to form a soft dough.
3. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.
4. Punch dough down. Turn onto a lightly floured surface; divide in half. Shape into two loaves. Place in two greased loaf pans. Cover and let rise until doubled, about 30 minutes.
5. Bake at 375° for 35-40 minutes or until lightly browned. Remove from pans to cool on wire racks. **Yield:** 2 loaves (16 slices).

Pumpkin Bread

Ingredients:

Ingredient	Amount
Bread flour, sifted	2 cups
Pumpkin, butternut, peeled, deseeded	500g
Oregano, dried	2 tsp
Margarine, melted	75g
Milk, reduced fat	½ cup
Egg, beaten	2 large
Rosemary, fresh, finely chopped	2 tsp

Method:

1. In a Preheat oven to 180°C/160°C fan-forced. Grease a 9cm-deep, 9cm x 19cm (base) loaf pan. Line base and 2 long ends with baking paper.

2. Cook pumpkin in a saucepan of boiling water for 8 to 10 minutes or until tender. Drain. Transfer to a large bowl. Using a fork, mash until smooth. Cool for 5 minutes.

3. Add flour, oregano, margarine, milk and eggs. Season with pepper.

4. Spoon mixture into prepared pan. Using a spatula, level top. Sprinkle over rosemary.

5. Bake for 40 to 45 minutes or until a skewer inserted in centre comes out clean (cover with foil if over-browning during cooking).

6. Stand in pan for 5 minutes. Lift out onto a wire rack to cool.

7. Serve

Zucchini or Carrot Bread

Ingredients:

Zucchini or carrot, grated	1 ½ cup
Oil, vegetable	1/3 cup
Honey	½ cup
Egg, beaten	2 large
Whole wheat flour	1 ½ cups
Baking soda	½ tsp
Baking powder	½ tsp
Salt	½ tsp
Raisins or sultanas	½ cup
Nutmeg	½ tsp

Method:

1. Beat together oil and honey, then add eggs and zucchini or carrot
2. Sift dry ingredients and add to zucchini mixture
3. Add dried fruit
4. Bake in a greased loaf pan at 180C for 45 to 60 minutes

ACECQA Quality Standards and Early Years Learning Framework (EYLF):

This activity includes the following:

ACECQA Quality Area	ACECQA Standards
Quality Area 1 – Educational Program and Practice	Standard 1.2 – Educators facilitate and extend each child's learning and development
Quality Area 2 – Children's Health and Safety	Standard 2.1 – Each child's health and physical activity is supported and promoted
Quality Area 5 – Relationships with children	Standard 5.2 – Each child is supported to build and maintain sensitive and responsive relationships
Early Years Learning Framework (EYLF)	
Outcome 1: Children have a strong sense of identity	Children feel safe, secure and supported
Outcome 2: Children are connected with and contribute to their world	Children develop a sense of connectedness to groups and communities and an understanding of their reciprocal rights and responsibilities as active and informed citizens
Outcome 4: Children are confident and involved learners	Children develop a growth mindset and learning dispositions such as curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence, imagination and reflexivity
Outcome 5: Children are effective communicators	Children interact verbally and non-verbally with others for a range of purposes