

Bread Making



1. Buy the wholemeal bread mixture from your local supermarket.



2. Put the bread mixture into a bowl and add the appropriate amount of water (as per the instructions on the packet). Talk to your child about the number on the measuring jug.



3. Knead the mixture together to make a dough. Help your child use their hands to mix the dough together.



4. Once the mixture is ready, leave the dough to prove for the allotted time on the bread mixture packet. Talk to your child about how the yeast will make the dough double in size and rise.



5. Once the dough has been proved, support your child to roll and decide on the shape that your child would like to make. Put the dough in the oven and cook for allotted time. Enjoy! Yummy.

Top Tip

Ask your child some questions to extend their learning:

- How does the mixture feel? (cold/ soft etc)
 - Talk about safety in the kitchen.
 - What shape shall we make the rolls?