

Lesson V- Nutrition and Baking

Day 9 – Nutrition and Baking

Goal: To introduce a nutritional concept and the process of baking.

Objectives for Students by Grade Level:

K-2 To recognize that Vitamin B is an important nutrient in foods made from wheat.

K-2 To recognize wheat in different foods.

Day 9 - Nutrition and Baking (15 – 30 minutes)

Materials to pull from trunk:

- Worksheet
 - “Mr. Wheathead” coloring page

Materials supplied by teacher:

- Photocopies of worksheet (one per student)
- Crayons
- Whole wheat toast
- Grape or cranberry juice
- Clean brush or swab
- Toaster
- Ingredients and utensils for recipe chosen

Day 9 – Nutrition and Baking (continued)

Suggested Introduction:

Bread is a wheat food most of us eat every day. To help remember one of the important nutrients in bread, we will paint the letter “B” on a slice of bread with a clean brush dipped in grape or cranberry juice. We get “B” vitamins from eating foods such as bread. B vitamins help unlock energy from other foods we eat.

Activity: “B” Painted on Toast

You need:

- slice of whole wheat bread
- grape or cranberry juice
- clean brush
- toaster

Do this:

- With a clean brush or cotton swab, paint a “B” on a slice of bread.
- Dry the bread in a toaster for light toast.
- Serve plain or with a favorite spread for a snack.

Activity:

Visit the school cafeteria or central kitchen of your school. Ask the cook:

- About how much flour is used?
- How many loaves of bread are needed for one day? One week?
- How do foods made of wheat contribute to healthy eating?

If time and facilities permit, make the recipes on the following pages.

Activity: Color “Mr. Wheathead” page

Optional Activity: Exhibit of Wheat Product Packages

Have children bring packages of wheat products, such as cereal boxes, bread wrapper, cookie packages, or pasta wrappers and arrange an exhibit on a table in the classroom. Discuss the nutrition information on the package. Have children look for Vitamin B.

Day 9 – Nutrition and Baking (continued)

Nutrition Definitions:

- calories Amount of energy in food.
- Diet The kind and amount of food regularly consumed.
- Fiber Part of plant that cannot be digested.
- Nutrient Chemicals found in food needed in certain amounts to keep the body healthy.
- Protein A complex chemical compound made up of amino acids which help build strong muscles.
- Vitamins Substances needed in small amounts for good health.

Day 9 – Nutrition and Baking (continued)

Kansas Teddy Bear Bread

You need these:

½ cup milk	4 cups white flour
3 Tbls. sugar	2 ½ cups whole wheat flour
1 tsp. salt	cooking oil
3 Tbls. margarine	8 raisons
1 envelope active dry yeast	1 egg, lightly beaten
1 ½ cups warm water	2 long ribbons

Utensils

measuring cups	towel
medium-size sauce pan	baking sheets
measuring spoons	toothpicks
2 large mixing bowls	pastry brush
wooden spoon	potholders
cooling racks	

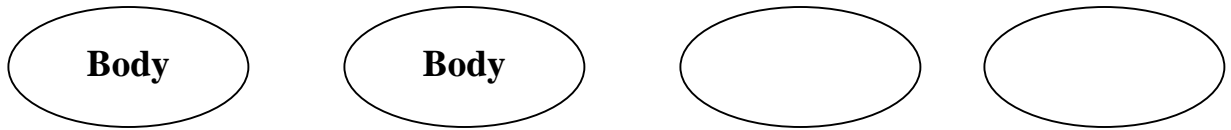
Do this:

1. Pour milk into sauce pan. Heat over medium heat until bubbles form around edge of pan. Remove from heat. Stir in sugar, salt, and margarine. Cool to lukewarm.
2. Dissolve yeast mixture in warm, not hot, water. Pour into large mixing bowl.
3. Add milk mixture to yeast mixture. Add 4 cups white flour. Beat with wooden spoon. Stir in 2 ½ cups whole wheat flour. Dough will be stiff.
4. Knead dough on floured surface for 8 to 10 minutes. Place in bowl greased with oil. Cover with towel. Let rise for at least 1 hour. Punch down.
5. Divide dough into four equal parts. Set two aside for bear bodies. Cut one of the remaining pieces in half for two heads and the other into 14 pieces. Shape all pieces of dough into balls. Place large balls on greased baking sheets. Place medium balls above for heads. Flatten slightly. Attach small balls for paws, noses and ears.
6. Cover with towel and let rise for at least 1 hour.
7. Set oven rack in lower third of oven and pre-heat to 400 degrees. Shape ears, eyes, noses, belly buttons and place raisons as eyes, nose and belly buttons.

8. Brush egg glaze on bears. Bake 25 to 30 minutes. Remove from oven and cool. Tie ribbons around the necks of the bears.

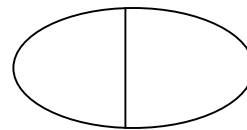
Nutrition: This bread provides Vitamin B, other nutrients, and fiber for healthy eating.

STEP 5 – Divide dough into four equal parts.

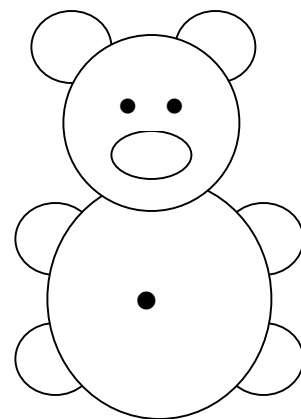
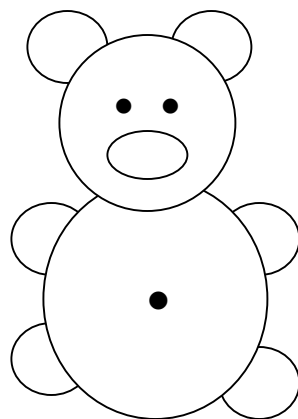


Set aside 2 for bear bodies.

Cut 1 ball into two parts for heads.



Roll remaining ball into long strip. Cut into 14 equal pieces for ears, paws, and noses.



Day 9 – Nutrition and Baking (continued)

Recipe – Granola

You Need These:

- 4 cups uncooked oats or rolled wheat
- 2 ½ cups raisons
- 1 cup wheat germ
- 1 cup shelled sunflower seeds
- 1 tsp . nutmeg
- 1 Tbls. cinnamon
- 2 ½ cups honey

Utensils:

- measuring cups and spoons
- large mixing bowl
- large spoon
- large, heavy skillet (2 for this amount)
- jar with tight-fitting lid

Do This:

1. Measure all ingredients into mixing bowl.
2. Stir to coat all ingredients. Put mixture in large skillet and stir over medium heat constantly for about five minutes.
3. Allow granola to cool, enjoy eating a snack, then store the rest in jars.

Nutrition: Granola provides energy and fiber for healthy eating.