

A Barefoot Lesson Idea

How Does Bread Rise?

A BAREFOOT SCIENCE LESSON FOR AGES 7-9

Mmm, yummy! The Little Red Hen makes warm, delicious bread — but how does it rise? In this experiment, children will learn all about yeast and the process behind rising bread.

WHAT TO FIND:

- 1 glass bottle
- 1 balloon
- 1 spoon with a long handle
- Warm water in a big bowl
- Measuring cup
- Rubber band
- A packet of dried yeast
- Sugar

WHAT TO DO:

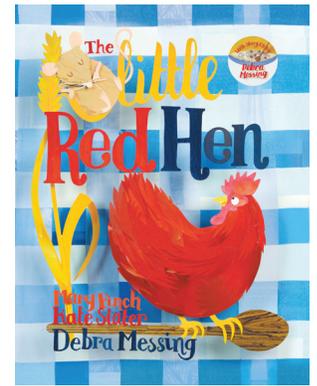
1. Read *The Little Red Hen*. The Little Red Hen needs help to make her bread. Does science help it rise?
2. Now fill the glass bottle with warm water.
3. Pour the water out and sprinkle a packet of dried yeast and a spoonful of sugar into the bottle.
4. Stir them both with the long-handled spoon and add half a cup of warm water.
5. Blow up a balloon and then let out a little of the air.
6. Place the balloon over the top of the bottle and fasten it tightly with a rubber band.
7. Place the bottle into the bowl of warm water. What do you see happening?

EXTENSION:

Use the easy recipe in the back of *The Little Red Hen* to make your own bread. It isn't difficult and your own homemade, fresh bread tastes delicious!

Want to know what's going on? Yeast is a special kind of fungus. When exposed to sugar, yeast devours it (aren't we all a little like yeast?), and then the yeast reacts by forming carbon dioxide gas (kind of like a "burp"!). This causes the balloon to inflate. When you add yeast to flour and water for baking bread, a special process called fermentation occurs. In this process, the yeast is broken down and glucose, a kind of sugar, is converted into carbon dioxide bubbles, which causes the dough to rise. The bubbles in the bread mixture build up and make the dough rise. And don't worry — even though yeast is a fungus, it's perfectly safe to eat in cooked bread!

Illustrations © Kate Slater from *The Little Red Hen*



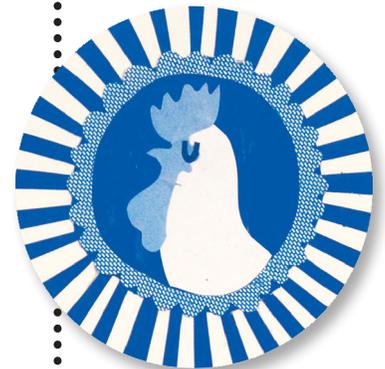
The Little Red Hen

Written by Mary Finch
Illustrated by Kate Slater
Narrated by Debra Messing

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