

KIDS CLUB

NEWSLETTER



Welcome to week 6 of our new ChopChop Kids Club newsletter! (If you missed the last one, it's [here](#).) This week we're making bread. Yes, you can make your own bread at home—just like you see in the store or bakery!—and it's easy. Baking bread is like one big science experiment. (Wait until you see how the dough rises!) And the results are delicious. This recipe does require some waiting, but we've got plenty of activities for you and your family to do in the meantime.

Get bready, get set, get baking!



No-Knead Bread

Yes, this is real bread—the kind made with yeast—that you have to let rise. But it is really easy to make because you don't need to knead it! And once you get the hang of it, you might find yourself making it all the time. This bread is definitely great for sandwiches, and it also goes well with soups and salads.

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| ADULT: YES | HANDS-ON TIME: 15 MINUTES | TOTAL TIME: 4 HOURS | MAKES: 1 LOAF
.....

KITCHEN GEAR

Measuring cups
Measuring spoons
Large bowl
Large spoon, for stirring
Plastic wrap
Oven-safe pot or casserole with a lid
Pot holders
Cooling rack or plate

INGREDIENTS

2¼ cups all-purpose flour
1 cup whole-wheat flour
1 packet (2½ teaspoons) active dry yeast
2 teaspoons kosher salt
1½ cups plus 1 tablespoon warm water
2 tablespoons cornmeal (or additional flour), if necessary

INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on the counter.

To make the dough:

1. Put the flours, yeast, and salt in the bowl and stir well. Add the water and use the spoon and/or your clean hands to mix until there are no dry patches. The texture of the dough may (or may not) seem all wrong: too loose, too shaggy, too sticky. This is fine.
2. Cover the bowl with plastic wrap and let it rise at a warm room temperature for at least 2 and up to 5 hours.
3. If the dough is still very wet, lightly sprinkle the cornmeal (or additional flour) across the surface of the dough. Turn the dough in your clean hands to form a ball, allowing the ball to be lightly coated with cornmeal. If your hands are covered with dough, stop what you're doing. Wash and dry them, sprinkle a bit of flour over the dough, and try again.
4. Put the dough back in the bowl, cover the bowl with the plastic wrap again, and set it aside to rise for 40 minutes. Set a timer for 20 minutes.



To bake the dough:

1. After the dough has been back in the bowl for 20 minutes, put the lidded pot or casserole in the oven and set the heat to 450 degrees. It is very important that the oven and pot be properly preheated. Set the timer for 20 minutes again.
 2. After 20 minutes, carefully open the oven door, take the pot out, and put it on the stovetop (you will need an adult for this step).
 3. Use the pot holders to remove the lid and put the ball of dough in the hot pot.
- It may not land in the middle or it may seem like it's sticking. This is fine. Replace the lid (it's still hot, so use pot holders) and put the pot back in the oven.
4. Bake for 25 minutes, then use the pot holders to carefully remove the lid and continue baking until the crust is browned, 15 to 25 minutes longer.
 5. Remove the pot from the oven. Carefully tip the pot so that the bread falls out onto the counter. Set aside to cool on the rack or plate for at least 15 minutes, then slice and enjoy!

OR ELSE

Bake your bread in a traditional loaf pan. Follow the same instructions for preheating the pan, then just stretch the dough ball a bit so that when you put it in, it fills the length of the pan. Cover with aluminum foil (you'll need to use pot holders for this), then bake as described above.

Time Lapse: As the Dough Rises

Here's what happens while your dough is covered.



WHERE IN THE WORLD?

Around the world, bread is made—and eaten—in different ways. If you've had a quesadilla, you know it's kind of like a Mexican grilled cheese sandwich that uses tortillas instead of bread. You might have also put some sandwich filling inside a Middle Eastern pita pocket. What can you learn about bread in other countries? To get you started, try looking up Indian naan, Armenian lavash, and Ethiopian injera.

Science Experiment: Inflate a Balloon with yeast

Are you curious why yeast helps bread dough rise? This experiment will help you understand what's going on in that covered bowl. (And if you don't have any yeast to spare right now, you can just look at the picture and read the explanation below.)

KITCHEN GEAR

Measuring cup
Measuring spoons
Spoon, for stirring

WHAT YOU NEED

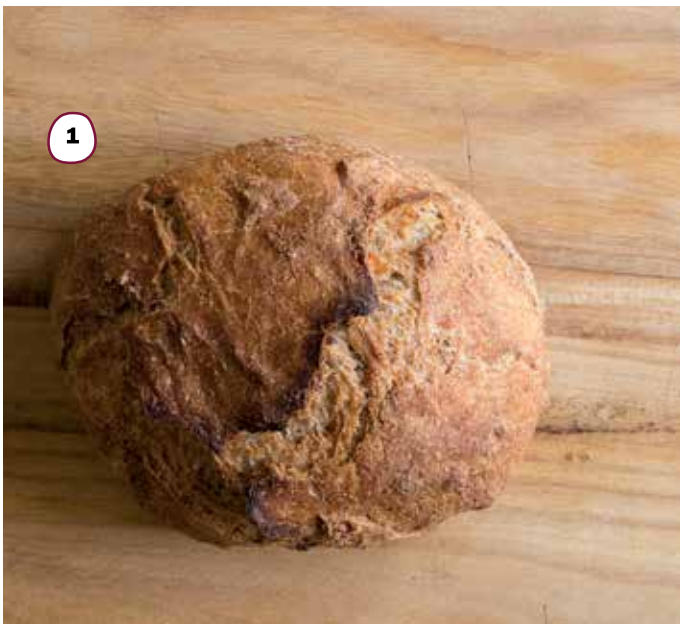
- 1 cup warm water
- 1 packet (2½ teaspoons) active dry yeast
- 2 tablespoons sugar
- 1 small empty plastic water bottle
- 1 uninflated round balloon

INSTRUCTIONS

1. Put the water in the measuring cup. Add the yeast and sugar, and stir until they are dissolved.
2. Pour the mixture into the bottle.
3. Stretch out the balloon by blowing it up a couple of times and pulling it between your fingers. Stretch the balloon opening over the neck of the bottle.
4. Wait and watch. What happens? Why?

Explanation: As the yeast feeds on the sugar, it expels the gas carbon dioxide (CO₂), which inflates the balloon—and makes your bread dough rise!





Kitchen Skill: cutting a Loaf of Bread

One nice thing about baking your own bread is that you get to slice it just the way you like it. Here's how to do it safely.

- 1** Place the cooled loaf of bread on a cutting board.
- 2** Have an adult help you use a sharp, serrated knife (that's the kind with little teeth, like a saw). Carefully cut the loaf in half, making sure to keep your fingers curled away from the blade. (Note that our adult model did not do this very well!)
- 3** Put half the loaf on the cutting board, cut side down, and cut it into slices, making sure to keep your fingers curled away from the blade. Make the slices as thick or as thin as you like.
- 4** Continue cutting until you reach the heel, then slice the other half of the loaf. Or, if you're not going to eat it all now, cut just what you need.





TOO MUCH BREAD? (FREEZER OR STORAGE IDEAS)

The bread will keep, wrapped airtight at room temperature, for a couple of days. Or you can freeze an entire loaf by wrapping it first in plastic wrap and then in aluminum foil. Remove it from the freezer the night before you want to use it and let it thaw on the counter. If you think you're going to eat only a few slices at a time, slice the bread before you freeze it and just remove what you need when you need it. You can heat the frozen slices in the toaster or let them thaw on the counter for 20 to 30 minutes. We don't recommend microwaving, because bread and baked goods tend to get dry and tough in the microwave.

SLICE OF MATH

1. This recipe makes one loaf and uses $2\frac{1}{4}$ cups of all-purpose flour. If you wanted to make one loaf for now and another loaf to freeze for later, how much all-purpose flour would you need?
2. The internal temperature of bread should be between 205 and 215 degrees F when it comes out of the oven. Use your subtraction skills to find the difference between these two numbers.
3. To convert Fahrenheit to Celsius, you subtract 32 from the oven temperature, then multiply it by $\frac{5}{9}$. What temperature, in Celsius, would you set the oven to?

WORD FUN

A *homophone* is a word that is pronounced the same way as another word but has a different meaning and spelling. For instance, in this recipe the word "knead," which is the process of mixing bread dough, has the homophone "need." The words "bread" and "bred" are homophones, too! See if you can identify the five other homophones below.

Pear _____

Chews _____

Beet _____

Currant _____

(a currant is a small seedless raisin)

Dough _____



DO YOU HAVE MORE BREAD?

Do you have more bread (or stale bread)? Try one of these recipes.

- **Classic French Toast** www.chopchopfamily.org/recipe/classic-french-toast
- **Peanut Butter and Banana Sandwich—Toasted!** www.chopchopfamily.org/recipe/peanut-butter-and-banana-sandwich-toasted
- **Pizza Toast** www.chopchopfamily.org/recipe/pizza-toast
- **Panzanella (Bread Salad)** www.chopchopfamily.org/recipe/panzanella-bread-salad
- **Do-It-Yourself Croutons** www.chopchopfamily.org/recipe/do-it-yourself-crouton

◀ Panzanella

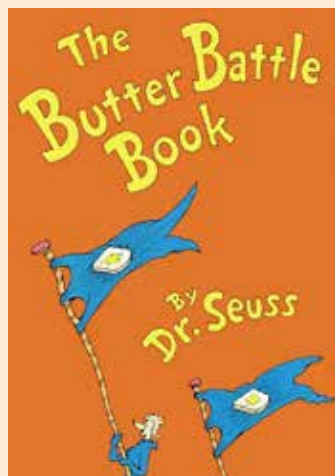
GET MOVING/MINDFULNESS: LEGS RISING



While the dough rises, you'll have plenty of time to get moving. Lie on your back on the floor with your hands next to you and your legs straight out and together. Lift your legs off the ground toward the ceiling. Hold for 15 seconds or as long as you can. Slowly lower your legs back down to the floor. Do this 9 more times, if you can! And if you can't, see if you can work up to that number by the end of the week.

DID YOU KNOW?

The crunchy cube of toasted bread known as a *crouton* comes from the French word for "crust."



ACTIVITY: BREAD STORIES

Have you heard of *The Butter Battle Book* by Dr. Seuss? It's all about the Yooks and the Zooks and the different ways they eat, and fight about, their buttered bread. (The Zooks eat their bread with the butter-side down and the Yooks like theirs with the butter-side up.) Can you write a story using bread as an inspiration? Put on your creativity cap and get writing!

- Imagine a person who lives in a house made of bread and write about their life.
- Share a true story about a family member who makes their own bread or has a special way of eating bread.
- Write a reflection about your favorite kind of bread. Was there ever a time that bread meant something more to you than just something to eat?

Ohio's SNAP-Ed and EFNEP Programs

SNAP-Ed

Ohio's Supplemental Nutrition Assistance Program - Education is a nutrition education program serving low-income adults and youth throughout Ohio. It is a partnership between the Ohio Department of Job and Family Services and Ohio State University Extension. Its goal is to improve the likelihood that families and individuals who receive food assistance benefits (SNAP benefits) make healthy food choices and choose active lifestyles consistent with the current Dietary Guidelines for Americans and MyPlate.

SNAP-Ed programming focuses on Diet Quality including promotion of Physical Activity, Food Safety, and Food Resource Management. The dissemination of nutrition education is mainly achieved by classes which are scheduled throughout Ohio and in 88 counties.

Participants learn to select fruits and vegetables, whole grain, and low-fat dairy products for a healthy diet; to use limited resources to plan, purchase and prepare food for the family; to be physically active every day; and to store and handle food so it is safe to eat. In FY18, SNAP-Ed reached 436,272 adult and youth participants.

EFNEP

The Ohio Expanded Food and Nutrition Education Program serves limited resource adults who care for children in their homes as well as limited-income youth. The program utilizes interactive discussions and activities to guide participants through a series of community based workshops aimed at improving diet quality, food safety and physical activity. Adult participants also gain skills in food preparation and managing their food budgets. Youth programming is conducted in classrooms, after school programs or camps, and summer food feeding sites. During FY18, Ohio EFNEP reached 2,840 adult and 7,228 youth participants, with a total reach of 10,128 family members. The program is free and offered in 18 Ohio counties.



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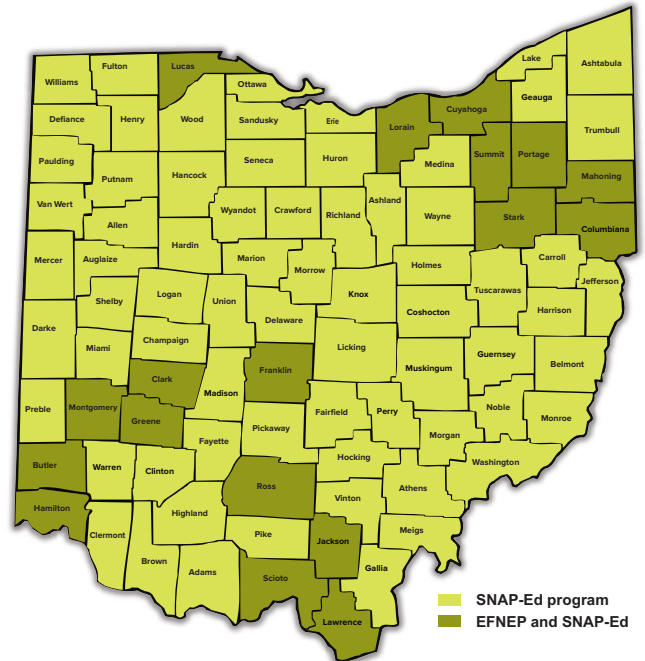
USDA Nondiscrimination Statement

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



Celebrate Your Plate

The **Celebrate Your Plate** site helps you budget for, plan, and create healthy, tasty meals. You'll find recipes, shopping tips, cooking tips, and even tips on growing your own food. Plus, you can comment on recipes and read comments from others. Celebrate Your Plate is out and about in communities around Ohio – just look for the Celebrate Your Plate logo!



Family and Consumer Sciences

Ohio State University Extension Family and Consumer Sciences is an outreach arm of The Ohio State University. It is designed to translate research into education for Ohioans to help improve the quality of their lives and the environment in which they live. OSU Extension is jointly funded by federal, state, and county governments and private grants. Programs emphasize “empowerment through education.”

About

SNAP-Ed and EFNEP are equal opportunity programs. For more information about Ohio SNAP-Ed, explore go.osu.edu/snap-ed For details regarding Ohio EFNEP in your area, visit efnep.osu.edu Discover tips, whole-some recipes and more at CelebrateYourPlate.org

Ever Seen a Meatball "Veg Out"?

Zucchini Meatballs



Zucchini

is packed with
B vitamins.

Visit CelebrateYourPlate.org for tasty,
healthy recipes your whole family will love.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).