



# HAROLD'S GARDEN GRANTS



*Bakers  
Delight*  
HEALTHY SOLUTIONS

**Fresh thinking to  
sprout healthy habits**

## Activity Pack

- Where does bread come from?
- Growing wheat in the classroom
- Making fresh dough
- Making fresh bread



# Where does bread come from?

## ACTIVITY PLAN

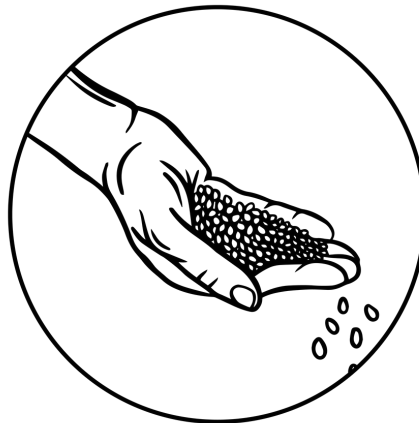
### Instructions

Can you unscramble these pictures to tell the story of bread?  
Number each step, 1 to 7 to show the correct order of making bread.  
Then, colour in each picture!



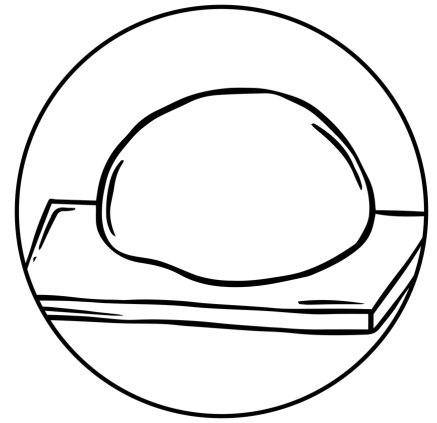
☐ **BUY**

Buy fresh bread from the baker



☐ **PLANT**

Plant wheat seeds & care while it grows



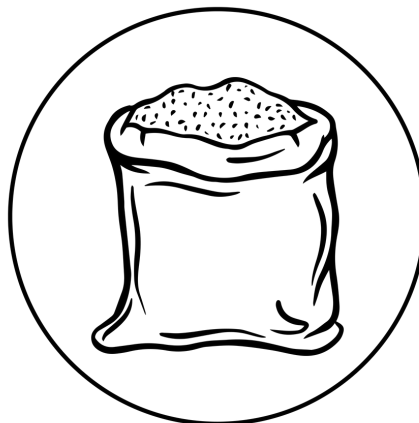
☐ **DOUGH**

Mix flour with other ingredients to make dough



☐ **EAT**

Use bread to make a healthy sandwich



☐ **FLOUR**

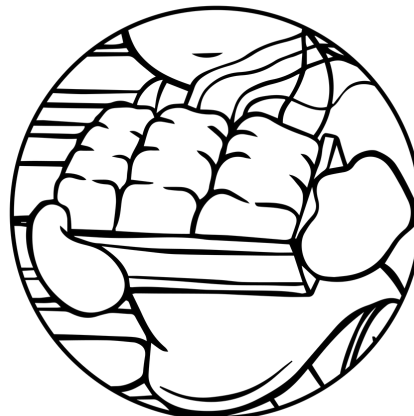
Sort grains & grind down to flour



☐ **HARVEST**

Chop the wheat & sort the grains out

**Hint: The bread-making journey begins on the farm with a seed.**



☐ **BAKE**

Dough is baked until it becomes bread





# Growing wheat in the classroom

## LESSON PLAN



### Equipment

- Clear plastic cups
- Permanent markers
- Potting soil
- Spoons for scooping
- Wheat seeds
- Spray bottle for water (optional)



### Method

1. Provide each student with a clear plastic cup and write their name on it.
2. Add potting soil until the cup is 3/4 full.
3. Place up to 5 wheat seeds in the soil (approx. 1 ½ inches).
4. Place the cups in a pan to catch any drainage water.
5. Remind students that plants need light, water, air, and nutrients to grow. Ask the students, "How can we help the wheat plants get what they need? Consider discussion points like: we can put the cups by the window for light from the sun, we can water the plants, plants will get nutrients from the soil and air from the classroom etc.
6. Water the soil as needed, but not too much. If using, provide the students with water spray bottles and instruct them to spray the soil with water before placing their cups by a window.

It will take 3 to 5 days for the wheat seeds to sprout.

7. While this activity takes place, ask kids to write a wheat journal to keep track of progress and to encourage them to use their critical thinking skills.

### Suggested questions to ask to help sprout journal entries:



- How many days have we been watering the wheat seeds?
- How tall are the sprouts today?
- What is happening in the jar?
- Why are they growing?
- After the wheat begins to grow, ask the students the following questions:
- How many days did it take for the wheat seeds to sprout?
- What do the wheat plants look like?
- What do the plants need to grow?

# Making fresh dough

## LESSON PLAN



### Equipment



- Mixing bowl
- Glad wrap
- Baking tray
- Baking paper
- Sharp knife
- Wire rack/tray
- Measuring cup
- Measuring spoons

### Ingredients

- 500g strong white flour, plus extra for dusting
- 2 tsp salt
- 7g sachet fast-action yeast
- 3 tbsp olive oil
- 300ml water

### Method

1. Mix 500g strong white flour, 2 tsp salt and a 7g sachet of fast-action yeast in a large bowl.
2. Make a well in the centre, then add 3 tbsp olive oil and 300ml water, and mix well. If the dough seems a little stiff, add another 1-2 tbsp water and mix well.
3. Tip onto a lightly floured work surface and knead for around 10 mins.
4. Once the dough is satin-smooth, is ready to stretch, shape and create.



# Making fresh bread

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3. Tip onto a lightly floured work surface and knead for around 10 mins.
4. Once the dough is satin-smooth, place it in a lightly oiled bowl and cover with glad wrap. Leave to rise for 1 hour until doubled in size.
5. Line a baking tray with baking paper. Knock back the dough (punch the air out and pull the dough in on itself) then gently mould the dough into a ball.
6. Place it on the baking paper to prove for a further hour until doubled in size.
7. Heat oven to 220 °C, if fan forced 200 °C.
8. Dust the loaf with some extra flour and cut a cross about 6cm long into the top of the loaf with a sharp knife.
9. Bake for 25-30 mins until golden brown and the loaf sounds hollow when tapped underneath. Cool on a wire rack.

