

The Little Red Hen Finds Helpers

Pillar(s): Healthy Eating and Positive Social Environments

Division I

Grade(s): K – Grade One

Core Curriculum Connections: Language Arts, Math and Science

I. Rationale: Throughout this series of activities, students will to discover what bread is, what it is composed of, and how it is made. The lesson will focus on the benefits of eating healthy whole grains while practicing positive social skills such as cooperation and sharing. Students will develop an appreciation for the process of making bread by providing them with this hands on “*Baking bread*” experience.

II. Curriculum Outcomes:

Language Arts:	Math: Measurements Unit	Science: Topic D: Senses
<p>1.1.1 Express ideas and develop Understanding</p> <p>1.1.2 Experiment with language and forms</p> <p>1.2.3 Extend understanding</p> <p>2.1.1 Use prior knowledge</p> <p>Use comprehension strategies</p> <p>2.1.2 Experience various texts</p> <p>2.2.2 Construct meaning from texts</p> <p>2.2.3 Construct meaning from texts</p> <p>2.3.2 Understand techniques and elements</p> <p>3.1.1 Focus attention</p> <p>3.2.2 Access information</p> <p>4.3.4 Demonstrate attentive listening and viewing</p> <p>5.1.3 Celebrate accomplishments and events</p> <p>5.2.1 Cooperate with others</p> <p>5.2.2 Work in groups</p> <p>5.2.3 Evaluate group process</p>	<p>General Outcome (Kindergarten) Demonstrate awareness of measurement.</p> <p>Specific Outcomes:</p> <p>4. Use the words full, empty, less and more, to talk about volume and capacity. [C]</p> <p>5. Use the words heavier or lighter, to talk about the mass (weight) of two objects. [C]</p> <p>7. Use words like hot, hotter; cold, colder; warm, warmer; cool, cooler to talk about temperature. [C]</p> <p>General Outcome (Grade 1) Estimate, measure and compare, using whole numbers and nonstandard units of measure.</p> <p>Specific Outcomes:</p> <p>5. Estimate, measure, record and compare the volume/capacity of containers, using nonstandard units. [E, PS]</p> <p>6. Estimate, measure, record and compare the mass (weight) of objects, using nonstandard units.</p>	<p>Specific Outcome:</p> <p>3. Apply particular senses to identify and describe objects or materials provided and to describe living things and environments. Students meeting this expectation will be able to describe characteristics, such as colour, shape, size, texture, smell and sound.</p>

III. Materials:

- A copy of the [The Little Red Hen](#) children's story book.
- Some stalks of wheat to show students.
- [Eating Well with Canada's Food Guide](#)
- **Task One:** magazines, newspapers, flyers with pictures of foods made from grain, paper, glue, scissors.
- **Task Two:** Ingredients for a bread recipe (see 2 optional recipes attached), cooking facilities, parent and or other kitchen help, bread pans, measuring spoons, mixing bowls, large bowl, large plastic sheet to knead on (although this is not essential). *Optional: Bread maker.*

IV. Procedure:

Introductory Activity:

- To build anticipation for this series of activities, read the story, *The Little Red Hen*. After discussing the plight of the little red hen and the moral of the story, invite the students to become little helpers for the Little Red Hen and learn how to make bread the same way as described in the story.

Time Requirements:

- The activities in this series would be best taught in a sequence of three separate lessons.

V. Activities:

Task 1: Did You Get Your Grain Today?

- Children will explore a wide variety of foods containing grains. Wheat flour is the main ingredient in our everyday bread. Both white and brown flour comes from wheat. White flour has a bleaching agent added to it and enriched flour has thiamine, riboflavin, niacin, folic acid and iron added to it. Bread flours are milled from blends of hard spring or winter wheat which is grown here in the north. Duram wheat is often used for pastas. There are other grain used to make breads too, common ones are: rye, cornmeal and flax.
- **Procedure:**
 - Bring in some stalks of wheat and discuss the various parts and properties of the plant itself. Show students the kernels of wheat that are ground into flour to make bread – just like the Little Red Hen did in the story.
 - Have a variety of pictures of foods that contain flour or grain (e.g. buns, bread, pie, soda crackers, pasta, etc.) and some paper and glue.
 - Discuss with children which food group from Canada's Food Guide these food come from (Grain Products) and that children aged 4-8 need 4 servings from this food group each day. Describe what one serving is from this food group.
 - Have the children paste up foods they commonly eat on a poster labeled "Grain Products".
 - Note: Foods such as pie, cake, some crackers and granola bars etc. do not fit on Canada's Food Guide, as they are *sometimes foods*, meaning they are too high in sugar, fat and/or salt.. Discuss this with the class and only post healthy everyday food choices on the poster (e.g. bread, pasta, rice and low sugar cereal).
 - Discuss how wheat and other grains is found in many foods we eat.

Task 2: Making Bread

- Children will have hands on experience making bread. This will help them understand how bread is made while introducing the science of measuring, direction-following, kitchen cleanliness and safety. It will also teach the students that bread can be made at home and does not need to be bought at the store.

- Note: Ensure that there are no food allergies in the class to the ingredients being used.
- **Procedure:**
 - Decide if you will be making bread the traditional method or by using a breadmaker. Then choose the appropriate recipe (both are included in this lesson plan).
 - Divide class into groups so all children will have an opportunity to participate.
 - Have children wash their hands before beginning. Discuss food safety and kitchen cleanliness. For more information go to www.canfightbac.org.
 - Go to kitchen or work areas. Introduce the utensils and materials which will be used for baking the bread. Describe and discuss where each ingredient comes from and that flour will be the main ingredient in the bread. Show how to properly measure ingredients and discuss why it is important to be accurate when measuring.
 - Measuring is important to: make sure we have the right amount of dough and to make sure the bread will rise and turn out properly.
 - Begin making the bread. Make sure each student is able to measure an ingredient and has a chance to knead the bread (if making bread the traditional method).
 - After bread is baked: eat the bread!
 - Give each student a copy of the recipe used.

100% Whole Wheat Bread

Adapted from robinhood.ca

If you've never baked from scratch, this beginner recipe is a terrific place to start. It has a nutty whole wheat flavour and tender light texture. It makes a wonderful sandwich bread and is simply delicious when served fresh right out of the oven

Ingredients

1 tsp	Sugar- for yeast	5 mL
1/2 cup	water, warm	125 mL
1 envelope	(8 g) active dry yeast	1 envelope
1 1/2 cups	water, warm	375 mL
2 Tbsp	Sugar- for bread	30 mL
1 1/2 tsp	salt	7 mL
2 tbsp	shortening (Vegetable)	30 mL
4 1/2 - 5 1/2 cups	Whole Wheat Flour (Best for Bread)	1125-1375 mL

Directions:

DISSOLVE 1 teaspoon (5 mL) sugar in 1/2 cup (125 mL) warm water in large bowl. Sprinkle in yeast. Let stand 10 minutes, then stir well.

ADD 1 1/2 cups (375 mL) warm water, 2 Tbsp sugar, salt, shortening and 2 cups (500 mL) Whole Wheat Flour (Best for Bread) to dissolved yeast mixture. Beat with wooden spoon or electric mixer until smooth and elastic.

STIR IN 2 1/2 cups (675 mL) of remaining flour gradually. If necessary, add more flour to make a soft dough which leaves sides of bowl. Turn out on floured board. Round up into ball.

KNEAD dough until smooth and elastic (about 10 minutes).

PLACE in lightly greased bowl. Turn dough to grease top. Cover with greased waxed paper and tea towel.

LET RISE in warm place (75°-85°F/24°-29°C) until doubled (45-60 minutes).

PUNCH DOWN. Turn out onto lightly floured board and divide into 2 equal portions. Round up each portion. Cover and let rest 10 minutes.

SHAPE each portion into a loaf. Place seam side down in 2 greased 8 1/2" x 4 1/2" x 2 3/4" (1.5 L) loaf pans. Cover with a tea towel.

LET RISE in warm place until dough rises 1 1/2" (3 cm) above top of pan in centre, and corners are filled (45-60 minutes).

BAKE at 400°F (200°C) on lower oven rack for 10 minutes, then reduce temperature to 350°F (180°C) and bake 20 to 30 minutes more. Remove from pans immediately.

100% Whole Wheat Bread- Bread Maker Recipe

Adapted from robinhood.ca

The flavour of this bread is distinctive and hearty. Distinctive because of the sweet, nutty taste, and hearty because of its wholesome goodness

LARGE LOAF (1 1/2 lb/3 cup or 2 lb/4 cup machine)

Ingredients

1 cup	water	250 mL
1	egg, beaten	1
2 tbsp	butter or margarine	30 mL
2 tbsp	honey	30 mL
3 cups	ROBIN HOOD Best For Bread Whole Wheat Flour	750 mL
1 1/2 tsp	salt	7 mL
1 1/4 tsp	bread machine yeast	6 mL

Directions:

SELECT loaf size.

ADD ingredients to machine according to manufacturer's directions.

SELECT Whole Wheat or White, Rapid or Regular Cycle.