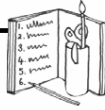


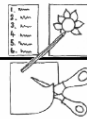
Bread rolls

What you need



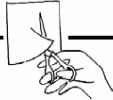
- 1 kg strong white bread flour.
- 2 teaspoons salt.
- 2 sachets dried yeast.
- 2 tablespoons sunflower oil.
- 600ml lukewarm water.
- Extra flour for dusting and rolling the bread.
- Wooden spoons.
- Aprons.
- Cling film.
- Baking tray.
- Bowls.
- Aprons.
- Sieve.

Preparation



- Clean all the surfaces. Assist the children in washing hands and putting aprons on.
- Turn oven to 200°C.
- Read **The Little Red Hen** with the children.

What to do



1. Show the children how to sieve the flour into the bowl.
2. Now the children need to add the salt and the packets of yeast.
3. Make a well in the middle. Help the children as they add the oil, and almost all of the water into the well.
4. Now give them turns in stirring all these ingredients together, the mixture needs to become soft but not too sticky. As the mixture begins to bind the children may find it too hard to mix for themselves. (If the mixture is too dry add a little more water and if it is too wet add a little more flour.)
5. Once you have a dough consistency turn the mixture out onto a floured surface and show the children how to knead it.
6. Keep kneading the dough until it becomes a smooth ball.
7. Ask the children to place this back in to the bowl. Cover the bowl with cling film and put it somewhere warm – until it has nearly doubled in size.
8. The dough is now ready to be shaped. Give each child a small manageable amount to make their roll.
9. Once they have finished place the rolls on a lightly greased baking sheet and place in the oven at 200°C (gas mark 6) for around 15 minutes – or until golden brown.
10. Remove and leave to cool.

Prompts

- Talk to the children, and name the actions they are using whilst making the dough – for example, 'stirring', 'pouring', 'kneading', 'pulling' and 'patting'.
- Ask the children to remember a time when they went to feed the ducks with bread.
- Sing the song **Slice of Bread**.
- Ask the children which fillings they like in their sandwiches.

Hints and tips

- Let the children play with the bread dough for as long as they like – they will find this great fun – encourage them to talk about the texture of the dough.
- Once the bread has cooled extend this activity further by allowing the children to pick a filling and make sandwiches for their tea.
- You can also make wholemeal rolls, just change the white flour for wholemeal flour or make half white rolls and half brown.