

# Breadventure

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## THE 4-H PLEDGE

I pledge my Head to clearer thinking,  
my Heart to greater loyalty,  
my Hands to larger service,  
my Health to better living,  
for my club, my community and my country and my world.

## THE 4-H MOTTO

Learn To Do By Doing

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**CANADA**  
4-H Ontario

## PROJECT RESOURCE INFORMATION:

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A special thank you to the 4-H Associations and Volunteers from Grenville, Grey, Parry Sound, Wellington and York that piloted the Cloverbud Program for 4-H Ontario. Their feedback, dedication and enthusiasm helped in the development of the program materials and was greatly appreciated.

4-H Ontario is pleased to be able to provide project resource reference manuals for use by volunteers in clubs. 4-H Ontario screens and trains volunteers to equip them with the tools to serve as positive role models for youth. With so many topics to choose from, 4-H volunteers are trusted to use these resources to provide safe and quality programming while using their judgement to assess the appropriateness of activities for their particular group of youth. By downloading any 4-H resource, you agree to use it for 4-H purposes and give credit to the original creators. Your provincial 4-H organization may have restrictions on the types of 4-H projects or activities which can be completed in your region.

4-H Ontario grants permission to 4-H Volunteers to photocopy this 4-H project resource for use in their local 4-H program. All information presented in this Project Resource was accurate at the time of printing.

The 4-H program in Ontario is supported by the Ontario Ministry of Agriculture, Food and Rural Affairs.

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## 4-H Inclusion Statement

4-H in Canada is open to all\* without discrimination based on race, national or ethnic origin, colour, religion, sex, age or, mental or physical disability.\*\*

4-H is dedicated to providing a safe and inclusive environment that allows for universal access and participation. Where barriers to participation are identified, 4-H will, with reasonable accommodation, adapt programs, rules, policies, or expectations to reduce or remove the barriers.

Any accommodations, changes or exceptions will be assessed on an individual basis, taking into account the individual experience of the member and their family. The physical safety and emotional well-being of members, leaders, staff and volunteers is 4-H's highest priority, and is the ultimate consideration in final decisions.

4-H Canada and local 4-H organizations consider inclusion a priority. Leaders are encouraged to work with individuals and their families to identify and discuss accommodations as required, and to reach out to provincial or national office staff for help with unresolved concerns.

*\*This applies to youth members (ages 6 to 21), volunteers, leaders, staff and professionals.*

*\*\*Definition of discrimination as per Canadian Charter of Rights and Freedoms.*

## Déclaration sur l'inclusion des 4-H

L'adhésion aux 4-H au Canada est ouverte à tous les jeunes\* sans discrimination fondée sur la race, l'origine nationale ou ethnique, la couleur de la peau, la religion, le sexe, l'âge ou le handicap mental ou physique. \*\*

Les 4-H ont pour mission d'offrir un environnement sécuritaire et inclusif qui permet l'accès et la participation de tous. Lorsque des obstacles à la participation sont décelés, les 4-H adapteront, à l'aide de mesures d'adaptation raisonnables, les programmes, les règles, les politiques ou les attentes afin de réduire ou d'éliminer ces obstacles.

Toute mesure d'adaptation, modification ou exception sera évaluée au cas par cas, en tenant compte de l'expérience personnelle du membre et de sa famille. La sécurité physique et le bien-être émotionnel des membres, des animateurs et des animatrices, des membres du personnel et des bénévoles sont la priorité absolue des 4-H et constituent le facteur ultime à considérer lors de la prise des décisions définitives.

Les 4-H du Canada et les organisations locales des 4-H considèrent l'inclusion comme étant une priorité. Les animateurs et les animatrices sont encouragés à collaborer avec les personnes et leurs familles afin de définir et d'examiner les mesures d'adaptation, selon les besoins, et de communiquer avec le personnel du bureau provincial ou national pour obtenir de l'aide en cas de préoccupations non résolues.

*\*Ceci s'applique aux jeunes membres (âgés de 6 à 21 ans), aux bénévoles, aux animateurs, aux membres du personnel et aux professionnels.*

*\*\*Selon la définition de discrimination en vertu de la Charte canadienne des droits et libertés*



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## INTRODUCTION TO BREADVENTURE:

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### Objectives & Goals of the Unit:

- Understand the variety of different types of bread that we could potentially consume
- Learn which kitchen items are used to make bread
- Understand the techniques needed to make bread

### Background:

No matter where one lives in the world, the basic ingredients of flour, salt, often yeast, sometimes fat and sugar, and water, become transformed into what becomes the “staff of life” and a mainstay sustenance – bread. Techniques may vary as do cultural traditions, yet bread remains a constant in our lives. In this unit, Cloverbuds will learn about different types of bread products and the kitchen items and techniques needed to make bread, through fun, hands-on activities.

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### 4-H PLEDGE & ROLL CALL

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#### Suggested Roll Calls:

- Name your favourite bread product.
- Name a kind of flour used to make bread.
- Have you ever made or helped to make a bread product from scratch? If so, what was it?

**Time Frame:** Units are to be completed in a two hour time frame. There is more material here than what can be covered in two hours. Please choose activities according to the age and abilities of your Cloverbud participants

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## GETTING STARTED

### Breadventure Word Search

**Activity Time:** 10-15 minutes

**Materials Needed:**

- “Breadventure” Wordsearch (found in the Resource section at the end of this unit)
- “Breadventure” Answer Sheet (found in the Resource section at the end of this unit)
- Writing utensils

Print enough word searches for every Cloverbud. Distribute word searches and writing utensils and give Cloverbuds at least 5 minutes to work independently on the activity. After the time is up, or once everyone is finished, gather Cloverbuds and go over each of the words listed on the word search.

### This is the Way

**Activity Time:** 10-20 minutes (depending on the size of the group)

**Materials Needed:**

- Small bottle of hand soap
- Water/Access to a sink
- Towels

Provide a small bottle of hand soap and towels. Have access to a hand-washing sink.

Let participants practice washing their hands. Remind them that bakers must wash their hands often. As they wash their hands, have them sing the entire Happy Birthday song. Once they have finished singing, they have then washed their hands for long enough.

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## LET'S EXPLORE

### Bread Making Mystery Box

**Activity Time:** 15-20 minutes

**Materials Needed:**

- Kitchen items used to make bread
- Box (to be used as the Mystery Box)

In advance, collect items used by a baker: cookie cutters, measuring cup, measuring spoons, rolling pin, spatula, etc.

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Place one of the items in the box without the participants seeing what it is. One participant feels in the box, without looking, and guesses what it is. Continue until all participants have had at least one turn.

NOTE: It is helpful to have all the items out and in front of you to show the participants and let them touch them as you all discuss what each one is used for before doing this activity!

## Bakery Match Game

**Activity Time:** 20-30 minutes

**Materials Needed:**

- Bakery Match Game worksheets (found in the Resource section at the end of this unit)
- Cardstock
- Scissors
- Access to laminating if possible

In advance, print out the Bakery Match Game worksheets. Cut out each square and if possible, laminate each game square.

Have participants sit in a circle (or around a table). Mix up game squares and place them scattered on the table face down.

Player #1 turns over two game squares. If the game squares match, the player keeps those squares, receives a point and gets to have another turn. If the game squares don't match, the squares are turned back over, and the next participant can take their turn. Once all of the game squares have been matched, the game is over, and points can be added up.

When a match has been made, have participants name what is on the game square.

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## LOOKING WITHIN

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### How Yeast Works

**Activity Time:** 10-15 minutes

**Materials Needed:**

- Yeast (one package)
  - White sugar
  - Liquid measuring Cup
  - Warm water
  - Spoon (optional)
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Add one package of yeast to one cup (250mL) of warm water. Add in a tablespoon (2.5mL) of sugar. Wait and watch for the results.

Discuss what happens and ask participants to explain why yeast is used in bread!

## **Baker's Hat**

**Activity Time:** 15-20 minutes

**Materials Needed:**

- White construction paper (enough for one for each participant)
- Markers
- Crayons
- Stamps and stamp pad (optional)
- Tape

Provide each participant with a large piece of white construction paper. Let them write on (or stamp or colour) their hats. Do not have them glue on craft supplies as these might fall off when working with food.

When done, roll into a cylinder shape and tape for a baker's hat!

## **Make Your Own Playdough!**

**Activity Time:** 20-30 minutes

**Materials Needed:**

- Mixing bowl (if possible, a mixing bowl for each participant)
- Flour
- Salt
- Food Colouring (optional)
- Water
- Sturdy mixing spoon
- Surface to knead the playdough on once it's made

**Playdough Recipe**

- 3 cups (750mL) Flour
  - 1 cup (250mL) Salt
  - 1 cup (250mL) Water
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- Small amounts of water as needed

The children can assist in preparing play dough. If the mixture is left uncolored, it will resemble bread dough and have a similar consistency.

Place all of the flour and salt in a mixing bowl. Add one cup (250mL) of water and stir. Keep adding small amounts of water and mix until the dough is workable, But not sticky.

Place dough on a lightly floured surface. Have participants practice kneading the dough as if they were making a loaf of bread.

If desired, food colouring can be added to the playdough before participants take it home.

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## WRAPPING THINGS UP

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### Spiral Sandwiches

**Activity Time:** 15-20 minutes

**Materials Needed:**

- Slices of bread
- Butter
- Colourful filling (e.g. strawberry jam)
- Rolling pins

Roll out a slice of bread using a rolling pin so it's quite flat. Then, spread with butter and a colourful filling like strawberry jam. Roll the slice up into a tight cylinder shape then thinly slice the cylinder to give spiral sandwiches.

### Happy Face Sandwiches

**NOTE:** this recipe uses peanut butter – please check to make sure there aren't any participants allergic to peanut butter – alternatives could include peanut-free food spread, cheese spread or jam.

**Activity Time:** 15-20 minutes

**Materials Needed:**

- Bread
  - Peanut Butter (or alternative)
  - Raisins
  - Alfalfa or bean sprouts
  - Other small food items such as carrot sticks, celery
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Spread peanut butter on one side of bread – open faced. Have participants make eyes, nose, mouth and hair from other items provided. Encourage participants to be creative and eat what they create.

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## ADJOURNMENT

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### Additional Activities

- Hold the meeting at a bakery or grocery store and see the various bread products that are made and sold
- Invite someone who works in a bakery to your meeting
- Invite someone who competes in bread making competitions to your meeting
- Create a judging activity including any 4 samples of the same type of bread item

### References

- AgScape <https://agscape.ca/>
  - A to Z Kids Stuff <https://www.atozkidsstuff.com/bread.html>
  - Child Fun <https://www.childfun.com/themes/food/bread/>
  - Education.com <https://www.education.com/>
  - Farm & Food Care Ontario <https://www.farmfoodcare.org/>
  - Preschool Plan It <https://www.preschool-plan-it.com/bread.html>
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# Breadventure

s i u t s r h t e g t g u c g  
 g s b i s c u i t s v o o r c  
 f v u r s s t n e e d q m u y  
 h i r n r e c c y j q o u s r  
 s m z a p c k o p m x d u t a  
 c v r a b r c f n g y w g g d  
 r n o n u n e k b e w e g d h  
 a f l y n n q c d r s m a f h  
 c l l g s j f h i h e n o s s  
 k o s t u i d q d p b a s p t  
 e u m u f f i n s v e x d p h  
 r r t k b u y k n e a d i n g  
 s z c h a l l a h u r q l q w  
 l k q b a g e l s g l i s i a  
 v x o s w i w z d a k q b g k

crackers

kneading

biscuits

flour

challah

muffins

bagels

rolls

recipe

yeast

scones

buns

bread

dough

crust

naan

# Breadventure

s i u t s r h t e g t g u c g  
 g s b i s c u i t s v o o r c  
 f v u r s s t n e e d q m u y  
 h i r n r e c c y j q o u s r  
 s m z a p c k o p m x d u t a  
 c v r a b r c f n g y w g g d  
 r n o n u n e k b e w e g d h  
 a f l y n n q c d r s m a f h  
 c l l g s j f h i h e n o s s  
 k o s t u i d q d p b a s p t  
 e u m u f f i n s v e x d p h  
 r r t k b u y k n e a d i n g  
 s z c h a l l a h u r q l q w  
 l k q b a g e l s g l i s i a  
 v x o s w i w z d a k q b g k

crackers

kneading

biscuits

flour

challah

muffins

bagels

rolls

recipe

yeast

scones

buns

bread

dough

crust

naan

**Bakery Match Game**

