

# Bread in a Bag

Age: Toddlers (18-36 months), Preschool-age (3-4 years)

This activity helps your child's development in this domain: Language and Literacy

## What You Need:



- 1 gallon-sized resealable plastic bag
- 1 mini loaf pan, sprayed with cooking spray
- 3 cups flour
- $\frac{1}{4}$  cup sugar
- 1 packet yeast (rapid rise or regular)
- 1 cup warm water
- $\frac{1}{4}$  cup butter, melted
- 1 tsp salt (to taste)

## What To Do:



1. Combine 1 cup flour, sugar, and yeast packet together in a bowl.
2. Pour into a resealable bag and add 1 cup water. Seal the bag tightly, pressing out the air.
3. Have your child shake the bag, mixing and kneading the ingredients with his hands.
4. Set the bag aside for 10 minutes. Talk about how the yeast is activated.
5. After ten minutes, combine 1 cup of flour with salt and melted butter in a bowl. Pour this mixture into the bag.
6. Seal the bag again, pressing out the air. Have your child shake the bag again, mixing the ingredients together.
7. Open the bag and add in the last cup of flour. Seal the bag, and mix for the final time.
8. Pull out dough and place on a floured surface. With floured hands, knead dough together for 5-10 minutes.

9. Place dough in a greased loaf pan. Lay towel over the loaf pan and set it in a warm spot in your house. Allow the dough 30-45 minutes to rise.
10. Bake at 375 for 25 minutes.

Adapted from <http://busytoddler.com/2018/03/make-bread-bag-kids/>

