



Yeast Bread Workshop

Thursday, June 17, 2021

9:00 am – 3:30 pm

at the Hartington City Auditorium Basement

Class Size: 12 youth · 10 years and up

Cost: \$3.00

Come and experience the world of bread making! Youth will learn how to make yeast dough and how to form the dough into pizza crust (pizza will be lunch!) and other bread products. While we wait for our dough to rise and bake, youth will learn about healthy eating patterns and participate in some physical activity games.

After the workshop, youth are encouraged to complete the post-workshop activity!

Workshop

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| 9:00 | Welcome Pre-Test Handwashing & Food Safety |
| 9:30 | Make Dough (Groups of 3) Let Rise |
| 10:00 | Drink Low-Fat Milk & Water (Lesson 1) |
| 10:30 | Color Your Plate (Lesson 2) |
| 11:00 | Read It Before You Eat It (Lesson 3) |
| 11:30 | Shape Dough Prepare Lunch (Pizza & Sides) Eat Lunch Bake Bread |
| 1:00 | Make Half Your Grains Whole (Lesson 4) |
| 1:30 | Healthier Foods Fast (Lesson 5) |
| 2:00 | Physical Activity |
| 2:30 | Power Up Your Day (Lesson 6) |
| 3:00 | Judge Bread Post-Test |
| 3:30 | Safe Travels Home! |

Post-Workshop Activity

At the end of the workshop, youth will be sent home with a kit to make a meal with their families.

Youth are encouraged to take a picture of the process of making the meal or take a picture of the end product.

Submit the photo to Brittany Spieker at brittany.spieker@unl.edu

Once the photo is submitted, the youth has earned a water bottle that changes color based on the temperature of the liquid in it!

The water bottle can be picked up at Cedar County Extension Office.

