



Yeast Bread Workshop

Monday, June 14
9:00 a.m. – 3:30 p.m.
Community Hall in Center, NE
Youth 10 years and up - Class size limited to 12
Cost \$3.00



To pre-register call 402-288-5611 or email knox-county@unl.edu by June 1, 2021

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

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!

Certain items from this workshop can be made and entered in the Cooking 301.

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 the Knox County Extension Office.

This workshop was made possible through the Walmart Foundation Healthy Habits Grant and donations from King Arthur Baking Company. Curriculum used is from Cornell's Choose Health: Food, Fun, and Fitness curriculum, Copyright 2015