



FROM A GRAIN OF WHEAT

What to say

Begin this lesson with a discussion of favorite breads. *Which group on the MyPlate has bread in it? What other food is in that group? What is your favorite bread?* Today we're going to have some fun learning about how bread is made.

What to do

1. Read *The Little Red Hen*. Talk about the steps in making bread:
 - The hen planted a grain of wheat.
 - The wheat grain grew up yellow and ripe.
 - The hen cut the wheat, and then threshed it.
 - The hen took the wheat to the mill to be ground into flour.
 - The hen made bread with the flour.
 - The hen ate the bread.
2. Have the children act out the steps in making bread.
 - The hen planted a grain of wheat – have the children bend down and pretend to plant the seeds of wheat.
 - The wheat grain grew up yellow and ripe – have the children stand and reach up really high like a grain of wheat.
 - The hen cut the wheat, and then threshed it – have the children pretend to cut the wheat and hold it in one hand and move the hand up and down to simulate threshing the wheat.
 - The hen took the wheat to the mill to be ground into flour – have the children move their arm out in front of them in a circle as if grounding the wheat into flour.
 - The hen made bread with the flour – have the children pretend to be kneading the bread dough by doing a kneading motion with their fingers.
 - The hen ate the bread – have the children pretend to eat the bread.
3. Finish the activity by talking about bread. *Has anyone ever baked bread? What kind? Has anyone ever eaten whole wheat bread? Whole grain bread is a healthy choice.*

Purpose:

To learn about bread and flour.

Supplies:

- *The Little Red Hen* by J. Domanska or another author
- Snack supplies and ingredients (see page 2)
- *The Little Red Hen Coloring Page* (see page 3)

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Snack

Supplies needed

- One or two different kinds of bread: one whole wheat so the kids can taste whole wheat
 - Peanut butter or nut butter
 - Milk or fruit juice
 - Knife for spreading peanut butter or nut butter on bread
 - Napkins
 - Paper cups
1. Have everyone wash their hands.
 2. Let each child choose some bread, and spread peanut butter or nut butter on it.
 3. Pour milk or juice into cups.



The Little Red Hen Coloring Page

