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No Mess Bread (A.K.A. mix in a Bag)

Cooking with children, provides an authentic opportunity to invite and guide children to learn and master many scientific practices. These practices have been extensively described by the Next Generation of Science Standards. Please visit <https://www.nextgenscience.org> for more information.

Recipe credit: Betty Crocker's New Cookbook (unknown year)

Ingredients:

3 cups flour

1/3 cup honey

1/4 cup shortening (may substitute for butter)

2 packets of quick active dry yeast

2 1/4 cups warm water

1 tablespoon salt

Kitchen tools:

1-gallon sized resealable bag

Measuring cups

Measuring spoons

Water

General Instructions:

1. Measure 3 cups of flour
2. Pour in resealable bag
3. Measure 1/3 cup of honey
4. Pour honey in resealable bag
5. Measure 1 tablespoon of salt
6. Pour salt in resealable bag
7. Close the bag
8. Gently mix the ingredients
9. Measure 2 1/4 cups of water
10. Pour water in resealable clear bag
11. Measure $\frac{1}{4}$ cup shortening
12. Pour shortening in resealable bag
13. Close the bag
14. Gently mix the ingredients again
15. Add yeast packets
16. Close the bag
17. Gently mix the ingredients
18. Place bread in greased loaf pan
19. Cook for ~45 minutes at 375^o F

Note: In the next pages, I provide instructions in the form of traditional "task cards". If you wish to provide your child independence, print them and offer the cards as a science lesson.

Step One: Find cooking ingredients



All-purpose flour

honey

shortening (may substitute for butter)

active dry yeast

warm water

salt

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Step Two: Find cooking utensils



Measuring spoons

Measuring cups

Gallon size resealable bag

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Step 3: Measure Ingredients



3 cups All-purpose flour

1/3 cup honey

$\frac{1}{4}$ cup shortening
(may substitute for butter)

2 packets of active dry yeast

2 $\frac{1}{4}$ cups warm water

1 tablespoon salt

This recipe is from *Betty Crocker's New Cookbook*

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Step 4: Mix ingredients in bag



Close bag tightly

Gently mix all the ingredients

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Step 5: Place dough in loaf pan



- Grease loaf pan
- Add dough to pan
- Preheat oven to 375° F
- Bake for approximately
45 minutes

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