

PARENT INFO

Whole wheat flour has all parts of the wheat berry (seed of the plant) inside of it.

Wheat-Berry: Germ: B Vitamins, proteins, minerals, healthy fats,

Bran: fiber and antioxidants.

Endosperm : Strachy interior used for energy (least amount of nutrients)

White flour has only the endosperm.... Removing the germ and the bran takes away about 25% of the protein along with the essential nutrients. When white flour says "enriched" it really means the manufacturer has chemically added a small trace of these nutrients. Different types of whole wheat forms are rye, millet, barley and wheat.

Now that you have some background on whole wheat time to share the knowledge and experiment with your child.

Whole grains for Whole kids!

Includes simple home made bread recipe to cook together!

The processing of foods can degrade essential nutrients creating "empty calories." In order to create a healthy and happy body it is crucial to fuel up with properly prepared whole foods. But what does that mean?



UNPROCESSED:

Fresh or raw foods that do not undergo any changes from their original form. RAW fruits, veggies, nuts, seeds etc... Hint (anything growing from the garden)



MINIMALLY PROCESSED:

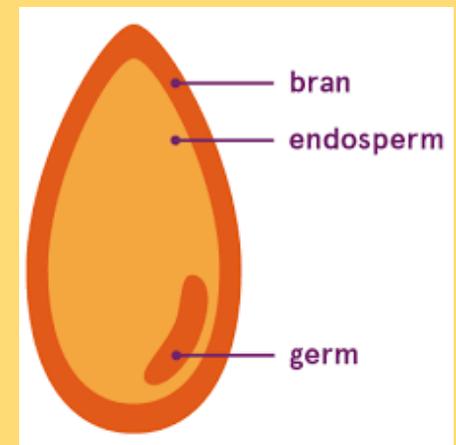
Raw foods that are slightly changed from their original forms. Peanut butter, boiled eggs, baked potato, these foods can retain most of their nutrients but spoil quickly.

X HIGHLY PROCESSED:

Foods that undergo considerable change from their original form. Quickly prepared and easily available but lose nutrients in processing and enriched with chemical additives. Ex: Anything packaged, white bread...

Using senses (Sight, sound, touch, smell, taste) to find differences between whole wheat & white flours or flour products!

DRAW COLOR & LABEL A WHEAT BERRY



MRS. PRICES BREAD" - LIFE LAB THE GROWING CLASSROOM

INGREDIENTS

3C Hot water

3Tbs Honey

3tablespoons oil

3 teaspoons salt

2 packets of yeast

8-9 cups of whole wheat flour



DIRECTIONS:

1. Stir together hot water, honey, salt, until dissolved

2. When Luke warm, add yeast

3. Gradually stir in flour until you can no longer absorb any more into the mixture.

4. Knead the dough until it had a satin glow and is no longer sticky.

5. Cover the dough in the bowl with a lid or cloth

6. put it in a warm, not hot, place 70-75 degrees.

7. After a few hours, the dough will double in bulk. Punch it down and let it rise again for 30-45 minutes. Punch it down once more and knead it lightly

Form 3 loaves

8. Put the loaves in a well-oiled to buttered pan

9. Let the loaves rise again for 1 hour until they double in bulk.

10. Bake at 350 degrees for one hour,

Immediately rub the tops with butter and remove.