

November 2021:

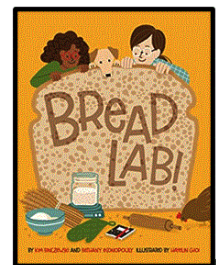
Bread Month

Ag in the Classroom Book of the Month

BREAD LAB

by *Kim Binczewski*

It's a sleepy Saturday morning for most people, but not for Iris, who has to feed her many pets before Aunt Mary arrives. Iris likes to call Aunt Mary "Plant Mary" because she is a plant scientist. Today Aunt Mary wants to experiment with making whole wheat sourdough bread from scratch! As the family kitchen transforms into a bread lab, Iris is surprised that bread needs only four ingredients—flour, water, salt and starter. She also learns about the invisible microbes that make the dough rise, and how flour comes from wheat grown by farmers. It all seems magical, but it's really science.



Click the book to watch on YouTube

Fun Facts:

- November is national bread month. Wonder Bread began marketing the first sliced loaf of bread in 1930!
- North Dakota, Kansas and Montana are the leading wheat producing states among the United States.
- In 2019, Georgia farmers harvested 60,000 acres of wheat.
- One gram of yeast contains 20 billion tiny cells. There are about 7 grams in a quarter ounce package that we buy at the store (2 1/2 teaspoons). That's 140 billion cells!
- One 60-pound bushel of wheat provides about 42 pounds of white flour, 60 to 73 loaves of bread.
- Assuming a sandwich was eaten for breakfast, lunch, and dinner, it would take 168 days to eat the amount of bread produced from one bushel of wheat.

Videos:

- [Farm Monitor: Georgia's Wheat Harvest Is Underway](#)
- [Why Does Bread Have Holes In It? | SciShow Kids](#)
- [Kentucky Farms Feed Me | Wheat](#)
- [How It's Made Flour](#)
- [What's a Bread Lab?](#)

Activities:

- [Lesson: Enjoying the Harvest](#)
- [Lesson: FoodMASTER: Grains](#)
- [Lesson: Wheat Germ DNA](#)
- [Bread In A Bag Recipe](#)
- [Bread Science Experiment + Free Printable](#)
- [Printable Chef Hat](#)

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