

Bread Holidays, Festivals and Celebrations

*Eileen Butler NBCT
Pittsburgh Montessori*

OVERVIEW

Why bake bread with children? As a classroom activity, cooking has something that appeals to every child. It is a wonderful way to teach children who have different learning abilities and interests. It provides color, texture, action, suspense, and comraderie. It provides opportunities for using all of the senses - tasting, smelling, touching, seeing and hearing. Cooking is a craft. Measuring, weighing, and following sequential steps interest the child who is most comfortable with math and logic. The picture and chart format of many recipes is perfect for the child who visualizes things in order to understand and produce them. And, cooking in the classroom is very sociable, a great opportunity for the many children who learn best by working with others.

Children can be involved in all aspects of cooking, from gathering or purchasing ingredients to reading the recipe, to measuring, cutting, stirring, and serving the completed food. The process of and the participation in cooking is all-important. Besides being a source of learning skills, becoming actively involved in the preparation of foods promotes independence and develops self confidence.

Learning about good nutrition is also very important. One of the goals in an early learning cooking program is to expose the children to healthy foods. Children are more apt to choose nutritionally sound foods if they understand the role of food in good health. With the availability of so many foods today, children need help in making the best, most nutritious choices.

This unit will focus on baking bread and exploring different holidays with literature, poems, and fingerplays. This unit is designed for Kindergarten and First Grade students. The unit will begin with traditional White Bread, then Pumpkin Bread for October, Indian Fry Bread for November, Christmas Bread for December, Amish Friendship Bread for January, Cornbread for February, Irish Soda Bread for March, Easter Bread for April and Matzoh Bread for May.

Finally, cooking with children is fun! They delight in things that adults accept as normal and natural, for instance, the action of yeast. They feel a part of the real world as they do the same things they've seen older family members do. Best of all, they put their enthusiasm into cooking. It is a pleasure to cook with children!

RATIONALE

Bread is one of the oldest foods. In many countries, it is eaten with every meal of the day.

There are hundreds of different kinds of bread. Early people in the Middle East were eating bread as long as 12,000 years ago. Simple bread was made from mixing crushed grains with water and baking the paste on hot stones in the sun or in the ashes of fires. By 3000B.C., the ancient Egyptians were using sourdough to make their bread rise. They baked many different kinds of bread, using barley, millet, rye, and wheat flour and sometimes adding honey, milk or eggs. The grain was ground between heavy stones and the dough was baked in ovens. The Romans ground flour between round millstones driven by animals or slaves. They built brick ovens burning wood or charcoal to bake the bread. The loaves contained oil, milk, honey, or cheese. In Great Britain during the Middle Ages, windmills began to be used to grind flour. Rye, barley, and oats were grown and bakeries opened in the towns and cities. People mixed dough at home and carried it to the bakery to be cooked in the oven. Bread was sold from bakery shops and by streetsellers. (Powell)

In ancient times, bread was often baked as an offering to pagan gods or to mark special times of the year. Today, bread is still important in religious ceremonies and festivals all over the world. In Christian religion, bread symbolizes the body of Christ in the holy Communion service, reminding Christians of Christ's "last supper." Hot cross buns are baked at Easter time and have a cross pattern on top, to remind Christians of the cross on which Christ died. In Greece, a special braided bread called tsoureki is baked at Easter, with a hardboiled egg dyed red on top as a symbol of new life. The Italians bake a light fruit bread called panettone in the shape of a dove at Easter, and in Germany, Easter bread is baked in the shape of a hare. The Jews eat unleavened matzoh bread for their Passover feast, recalling the time when their people fled from Egypt and did not have time to wait for the bread to rise. On the Jewish Sabbath, two special braided loaves called challah are blessed at the table then eaten, to remind people that God gave the Jews food on their journey to the "promised land." Triangular buns filled with poppy seeds, called hamentashen, are baked for the Jewish festival of Purim. In India, Sikhs bake chapatis for their festival of Baisakhi in April, in honor of the five friends who set up the first Sikh community. Muslims bake bread for the feast of Id-ul-Fitr, after their month of fasting called Ramadan. (Powell)

Bread may be baked to celebrate special events or times of the year. After the harvest of cereal crops, bread is a traditional part of thanksgiving or harvest festival. In Great Britain and other countries, bread may be baked in the shape of a wheat sheaf or crown of wheat. In Tomar, Portugal, girls take part in a harvest procession wearing tall crowns of bread decorated with ears of wheat and flowers. The bread is blessed at a church service, and the best crown is chosen before the loaves are given to the poor. Mexicans bake a sweet, rich bread called pan de muertos or "bread of the dead," for the Day of the Dead festival in November, when they remember their dead relatives. At St. Gallen in Switzerland, there is an old custom of making bread in the shape of Altjahrman (Old Year Man) to give children who make lanterns for the New Year procession. In Germany and Switzerland, gebildbrote (picture breads) are baked in decorative shapes and patterns for New Year, as well as for family occasions like weddings, births, and christenings. In Russia there is an old custom of welcoming guests with freshly baked bread and salt. The Russian word for hospitality means "bread and salt." Bread and salt are also traditional lucky gifts for couples getting married in Poland and Germany.

Bread is good for you. Bread flour is made from the grains of cereal plants like wheat, oats,

and barley. Cereal grains contain carbohydrates, protein, oil, fiber, vitamins, and minerals. Each grain has three parts: the outer skin, or bran; the endosperm, which is the grain's food store; and the germ, which is where a new shoot will start to grow if the grain is planted. Whole-wheat flour uses the whole grain, including the bran and germ, but white flour uses only the endosperm. Whole-wheat bread is healthier because there are lots of nutrients in the bran and germ, although some white flour has vitamins and minerals added to make it more nutritious. Plain whole-wheat bread is the healthiest to eat, but all kinds of bread can form part of a balanced diet. (Deedrick)

People eat bread in many different ways. It can be eaten fresh or toasted, spread with toppings such as butter, honey and jam. Toasted or fried bread can be made into croutons which are added to soup. Bread can be used with many fillings, including meat, eggs, cheese, and salads to make sandwiches. Buns are used to serve hotdogs and hamburgers. Some kinds of bread, such as pita, puff up when baked to make a pocket, which can be filled with meat and salads. Flat breads like Mexican tortillas can be wrapped around fillings to make tacos. In China, steamed buns are filled with sweet or savory fillings to make snacks called dim sum.

Is there anything to beat the smell the baking bread in your home? It's warm and comforting; something to recall with pleasure many years later. Many of us rely on shops for our bread but, recently, there has been a significant increase in the number of people investing in bread-making machines.

It seems more and more of us are seeking to relive our memories and jog our taste buds. Bread making machines are time saving, and although they produce delicious loaves, popping all of the ingredients in a machine and leaving it to get on with it, it isn't quite as satisfying as making a crusty loaf of bread the old fashioned way.

Why should anyone make bread from scratch? A loaf of bread can be purchased for a dollar or so. Or take a mix, add some water and throw it in a bread machine to make a loaf. But good breads are more than that. They are linked to the past. Just about everyone has a special bread, or bread story. There is nothing like making bread from scratch. Unlike a quick bread, a bread made with yeast is so much more satisfying. Yes, it is time consuming, but it's worth every minute. It's extremely gratifying to mold and knead it with your bare hands. It's a very basic, earth connecting experience. The suspense is exhilarating waiting to see if the dough will rise. Then the best, or almost the best part is the aroma. There is absolutely nothing that smells better from the oven than fresh bread. The smell can linger for days. Nothing says "home" like the fragrance of freshly baked bread.

OBJECTIVES

Approaches to Learning

Children will be able to make and bake bread. Children will be able to express choices, initiate group activities, follow through and complete projects. Children will initiate requests for stories, games and other learning activities. They will feel comfortable enough to collaborate with others in problem solving situations.

Family, School, Community Partnerships

Children will be able to know fire safety and follow safe practices in all school areas. The teacher will be able to participate in 2 way communication, inviting families to volunteer in the classroom. Children will be able to classify foods as nutritious.

Mathematics

Children will select appropriate tools for the attribute being measured. They will examine the object being measured to determine the appropriate tool and the best approach for measurement.

Social

Children will initiate the sharing of work and accomplishments with peers and adults at the appropriate times. The children will be able to work with other children for at least 15 minutes, take turns and wait for a turn.

Reading, Writing, Speaking, Listening

Children will use illustrations and print to gain meaning from text. They will identify key vocabulary words. Children will match movements and actions to music and directions in songs, poems and fingerplays. They will follow 2 and 3 step directions and verbally recite poems and fingerplays.

Science

Children will participate in cooking projects that build understanding of changes caused by heat. They will participate in safe, classroom cooking activities that combine substances to create new materials, such as bread. Listen and discuss stories that describe where things come from - wheat and bread. Identify the way senses are used in cooking.

STRATEGIES

Approaches to Learning

The teacher will provide the ingredients for the students to make and bake bread. The teacher will provide materials, books, music and fingerplays to enhance interests of students. There will be centers to explore, discover and create materials. There will be opportunities for learners to share concerns and discussions and demonstrations about how to work cooperatively.

Family, School, Community Partnerships

The teacher will model and discuss the importance of safety rules and practices by creating an environment in which all learners feel safe. The teacher will participate in 2 way communication through conferences, memos, notices, report cards, newsletters, phone calls and computerized messages. The teacher will provide opportunities for families to volunteer in the classroom by baking bread. The teacher will read fiction and non-fiction books that focus on bread and food choices. There will be exposure to various breads as healthy snacks.

Mathematics

The teacher will provide cooking and mixing activities that use measurement for real life purposes, such as simple recipes. There will be opportunities for learners to explore and apply understanding of estimating and measurement.

Social

The teacher will provide, encourage and support opportunities for conversations between learners and with the teacher. There will be specific directions with reasonable expectations. There will be opportunities for group work, to role play and practice new social skills.

Reading, Writing, Speaking, Listening

The teacher will read quality literature and provide daily opportunities for children to look at and read books. There will be a learning center and classroom library where learners can independently practice. There will be opportunities for learners to make meaningful connections to concepts being taught through the creation of a word wall. The teacher will build a repertoire of familiar songs and fingerplays. There will be many opportunities for children to speak throughout the day and there will be differentiated instruction for all levels of learners.

Science

The teacher will provide activities for observation and the documentation of change. Provide opportunities for sensory exploration through cooking experiences on a regular basis. Ask probing questions as children are experimenting with materials and use a variety of cooking utensils.

CLASSROOM ACTIVITIES

Lesson 1

September

Materials: Book Henny Penny Poem "Five loaves of Bread," Song "Making Bread,"

Ingredients for White Bread

Time: 2 forty five minute periods

Group size: 24 children

Read the story and discuss it. Read the poem to the children. Teach the students the song. Discuss baking bread and share recipe. Discuss safety and health issues and follow the recipe for the bread. Bake the bread and enjoy with the students.

Lesson 2

October

Materials: Book Pumpkin Pumpkin Poem "Five Little Pumpkins," Song "Orange Pumpkin,"

Ingredients for Pumpkin Bread

Time: 2 forty five minute periods

Group size: 24 children

Read the story and discuss it. Read the poem to the children. Teach the students the song. Discuss baking bread and share recipe. Discuss safety and health issues and follow the recipe for the bread. Bake the bread and enjoy with the students.

Lesson 3

November

Materials: Book Giving Thanks: A Native American Good Morning Message Poem "Five little Pilgrims," Song "Ten little Indian children," Ingredients for Indian Fry Bread

Time: 2 forty five minute periods

Group size: 24 children

Read the story and discuss it. Read the poem to the children. Teach the students the song.

Discuss baking bread and share recipe. Discuss safety and health issues and follow the recipe for the bread. Bake the bread and enjoy with the students.

Lesson 4

December

Materials: Book The Littlest Christmas Tree: A Tale of Growing and Becoming Poem "The toy shop," Song "We wish you a merry Christmas," Ingredients for Christmas Bread

Time: 2 forty five minute periods

Group size: 24 children

Read the story and discuss it. Read the poem to the children. Teach the students the song.

Discuss baking bread and share recipe. Discuss safety and health issues and follow the recipe for the bread. Bake the bread and enjoy with the students.

Lesson 5

January

Materials: Book Tacky in Trouble Poem "Come on friends," Song "The more we get together," Ingredients for Amish Friendship Bread

Time: 2 forty five minute periods

Group size: 24 children

Read the story and discuss it. Read the poem to the children. Teach the students the song.

Discuss baking bread and share recipe. Discuss safety and health issues and follow the recipe for the bread. Bake the bread and enjoy with the students.

Lesson 6

February

Materials: Book A Picture Book of Martin Luther King Jr. Poem "Freedom Freedom," Song "Martin Luther King," Ingredients for Cornbread

Time: 2 forty five minute periods

Group size: 24 children

Read the story and discuss it. Read the poem to the children. Teach the students the song.

Discuss baking bread and share recipe. Discuss safety and health issues and follow the recipe for the bread. Bake the bread and enjoy with the students.

Lesson 7

March

Materials: Book Clever Tom and the Leprechaun Poem "Five clever leprechauns," Song "Too-ra-loo-ra," Ingredients for Irish Soda Bread

Time: 2 forty five minute periods

Group size: 24 children

Read the story and discuss it. Read the poem to the children. Teach the students the song.

Discuss baking bread and share recipe. Discuss safety and health issues and follow the recipe

for the bread. Bake the bread and enjoy with the students.

Lesson 8

April

Materials: Book The Story of the Easter Bunny Poem "Five little Easter eggs," Song "Rabbit doesn't have a tail at all," Ingredients for Easter Bread

Time: 2 forty five minute periods

Group size: 24 children

Read the story and discuss it. Read the poem to the children. Teach the students the song. Discuss baking bread and share recipe. Discuss safety and health issues and follow the recipe for the bread. Bake the bread and enjoy with the students.

Lesson 9

May

Materials: Book All About Passover Poem "Our Seder table," Song "Do you know the Matzoh man?" Ingredients for Matzoh

Time: 2 forty five minute periods

Group size: 24 children

Read the story and discuss it. Read the poem to the children. Teach the students the song. Discuss baking bread and share recipe. Discuss safety and health issues and follow the recipe for the bread. Bake the bread and enjoy with the students.

ANNOTATED BIBLIOGRAPHY

Albyn, Carole Lois, Webb, Lois Sinaiko *The Multicultural Cookbook for Students*
A book about cooking with students and recipes around the world.

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This is a picture biography of Martin Luther King Jr.

Briggs, Diane *52 Programs For Preschoolers*
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Deedrick, Tami *Community Helpers Bakers*
A community helpers book that explains the role of bakers with the pictures to help explain their job.

Faggella, Kathy *Hands-On Cooking Through the Seasons*
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Galdone, Paul *The Little Red Hen*
A story about a hen that bakes bread and nobody will help.

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The history and customs of Passover in language young children can understand.

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An informational text about fiber , a main component of bread.

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An information and picture book explaining holidays to children.

Powell, Jillian *Everyone Eats Bread*
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A story about how a rabbit became the Easter bunny.

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A little boy demonstrates the life cycle of a pumpkin by planting a seed.

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A book that has a unit on The Little Red Hen and making bread.

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Recipes for cooking from around the world.

Webber, Desiree, Corn, Dee Ann, Harrod, Elaine, Norvell, Donna, Sharopshire, Sandy *The Travel Globe Multicultural Story Times*
A book that travels to other countries and gives information - art, crafts, recipes, stories and songs.

STANDARDS

Pennsylvania Department of Education
Kindergarten Standards

Approaches to Learning
Standard 1 Demonstrate initiative and curiosity

Standard AL 1.1 Participate in various experiences

Standard AL 1.4 Use multiple strategies and all available sense to explore and learn from the environment

Standard 2 Demonstrate engagement and persistence

Standard AL 2.1 Show persistence inability to complete a variety of tasks, activities, projects and experiences

Standard 2.4 Acquire the skills necessary for participating in a group or independently

Standard 3 Demonstrate reasoning and problem solving skills

Standard 3.7 Accept assistance and/or cooperate to accomplish a joint task

Family, School and Community Partnerships

Standard P1 Parenting

E. Demonstrate an understanding of diversity of family structures, styles, and cultural traditions

Standard P2 Communication

A. Communicate with families about school programs, assessments, children's progress, courses, activities, programs, etc.

Standard P3 Volunteering

B. Invite parents frequently to assist in classroom special projects and events. Assist administrators, teachers, parents and students as aides, chaperones, lecturers, and tutors when possible.

Health, Safety and Physical Health

Standard 10.1 Concepts of Health

F. Develop an understanding of the importance of eating healthy and the role of food in keeping the body healthy

Standard 10.3 Safety and Injury Prevention

A. Know the importance of rules to ensure safety

Mathematics

Standard 2.3 Measurement and estimation

E. Describe the instruments used for measuring time, length, weight, volume and temperature.

Standard 2.4 Mathematical reasoning and connecting

A. Use mathematical vocabulary comparison terms when making predictions regarding the quantity, size, and shape of objects

B. Identify the use of measurement in everyday situations

Personal-Social

Standard 3.1 Develop self-concept

D. Attempt new experiences with confidence and independence

Standard 3.2 Develop self-regulation

H. Follow adult directions

Standard 3.3 Develop Social interactions

I. Cooperate in small and large group activities

K. Take turns in games and tasks

Reading, Writing, Speaking, Listening

Standard 1.1 Learning to read independently

A. Develop book/print knowledge and conventions

P. Demonstrate an increasing understanding of new vocabulary introduced in conversations, activities, stories or books.

Standard 1.3 Reading, analyzing and interpreting literature

C. Identify features of informational texts and use them to make meaning

Standard 1.6 Speaking and listening

A. Listens responsively to directions, stories and conversations

B. Recites rhymes, songs and familiar text

F. Initiate and respond appropriately to conversations and discussions

Science

Standard 3.1 Unifying themes

K. Examine and explain change through simple observation and recording

Standard 3.2 Inquiry and design

C. Connect known ideas with new knowledge to build understanding or refine concepts

E. Use five senses as tools with which to observe, collect information, classify, and describe

Standard 3.4 Physical science, chemistry, physics

D. Demonstrate an understanding that combining 2 or more substances can make new materials with different properties

Standard 3.7 Technological devices

C. Develop simple skills to measure, record, cut and fasten

D. Identify different instruments for measuring weight

Standard 4.2 Renewable and nonrenewable resources

B. Identify products that come from nature

Standard 4.4 Agriculture and society

A. Understand the importance of agriculture

APPENDIX A

September

Poem Jean Warren

Five loaves of bread

Five loaves of bread cooling by the door,

(child's name) took one, now there are four.

Four loaves of bread, I hope there's one for me,

(child's name) took one, now there are three.

Three loaves of bread, now just a few,

(child's name) took one, now there are two.

Two loaves of bread, I guess I'd better run,

(child's name) took one, now there's only one.

One loaf of bread, will I be the lucky one.

Song

Making Bread Elizabeth McKinnon
Sung to "Frere Jacques"
Making bread, making bread,
Ummm, good. Ummm, good.
I can smell it baking,
I can smell it baking.
Smells so good, smells so good!

Making bread, making bread.
Ummm good, Ummm good.
Now it's for tasting,
Now it's time for tasting.
Tastes so good, tastes so good!

White Bread

Ingredients

2 1/2 cups white flour
3Tbsp oil
4 cups whole wheat flour
3 Tbsp yeast
3 cups warm water
1 cup powdered milk
1/3 cup honey or molasses
1Tbsp salt

Procedure

Mix water, yeast, honey or molasses, and oil in a bowl. Add half of the total amount of flours and beat. Add remaining ingredients and stir well. Let the dough rise in a warm place for 15 minutes. After rising, knead for 10 minutes. Sprinkle flour on table when kneading. Divide dough in half. Place in 2 greased bread pans. Let dough rise 15 minutes in a warm place. Bake in 375* F oven for 20-30 minutes.

APPENDIX B

October

Poem

Five Little Pumpkins

Five Little pumpkins sitting on a gate
The first one said, "Oh my it's getting late."
The second one said, "There are witches in the air,"
The third one said, "But we don't care."
The fourth one said, "Let's have some fun."
And the fifth one said, "Let's run and run and run."
OOOOH went the wind and out went the lights,
And all of the pumpkins rolled out of sight.

Song
Orange Pumpkin
Sung to "I'm a little teapot"

I'm an orange pumpkin,
Fat and round,
Sitting in a cornfield
On the ground.
I'll be a jack-o-lantern,
With two big eyes.
Or made into a big fat pie.

Pumpkin Bread

Ingredients

1/3 cup shortening
1 cup sugar
2 eggs
1 cup mashed or strained pumpkin
1 1/3 cups flour
1 tsp baking soda
1/4 tsp baking powder
3/4 tsp salt
1/2 tsp nutmeg
1/2 tsp cinnamon
1/2 tsp vanilla
1/3 cup water

Procedure

Measure and mix together sugar and shortening in a bowl. With a rotary beater, beat eggs, 1 at a time, until fluffy. Add to sugar and shortening. Stir in mashed pumpkin. Add flour, baking soda, baking powder, salt, and spices. Mix in vanilla, water, and nuts. Stir in just enough to moisten. Spoon into a greased 9x5 pan. Bake at 350* F for 45-50 minutes.

APPENDIX C

November

Poem

Five Little Pilgrims

Five little pilgrims on Thanksgiving day,
The first one said, "I'll have cake if I may."
The second one said, "I'll have a turkey roasted."
The third one said, "I'll have chestnuts toasted."
The fourth one said, "I'll have a pumpkin pie."
The fifth one said, "Oh cranberries I spy."
But before teh pilgrims ate their turkey dressing,

They bowed their heads and gave a Thanksgiving blessing.

Song

1 little, 2 little, 3 little indians
4 little, 5 little, 6 little indians
7 little, 8 little, 9 little indians
10 little indian children.

Fry Bread

Ingredients

4 cups flour
1/2 teaspoon salt
1 tablespoon baking powder

Procedure

Combine all ingredients. Add about 1 1/2 cup lukewarm water and knead until dough is soft, but not sticky. Shape dough into balls the size of a small peach. Shape patties by hand; dough should be about 1/2 inch thick. Make a small hole in the center of the round. Fry one at a time in about 1 inch of hot lard or shortening in a heavy pan. Brown on both sides. Drain on paper towels and serve hot with honey or jam.

APPENDIX D

December

Poem

The toy shop

Here is the toy shop, and happy are we
for there are so many, many
toys here to see.

Wonderful toys

all in a row,
and bright colored tops
that sing as they go.

And here in a box
is a doll that can talk
and here is a soft wooly dog
that can walk.

Just see this funny old
Jack in the box
watch him pop out,
oh my, what a shock.

Here is the counter
piled high with toys
for you little girls and boys.

We hope, wonderful toys,
that some of you may
come straight to us
on Christmas Day.

Song

We wish you a merry Christmas

We wish you a Merry Christmas,
We wish you a merry Christmas
We wish you a merry Christmas
And a Happy New Year!

Christmas Bread

Ingredients

1 (10 ounce) jar maraschino cherries
1/3 cup butter, softened
2/3 cup firmly packed brown sugar
2 eggs
1 3/4 cup all-purpose flour
2 tsp salt
1 cup mashed ripe bananas
1/2 cup chopped walnuts

Procedures

Drain cherries, reserving 2 tablespoons of juice. Coarsely chop cherries, set aside. Combine butter, eggs and brown sugar and reserve cherry juice in a bowl. Mix on medium speed with a mixer until ingredients are thoroughly combined. Combine flour, salt and baking powder; mix well. Add mixture of flour and mashed bananas alternately, beginning and ending with flour mixture. Stir in drained cherries and nuts. Lightly spray 9x5x3 inch pan with nonstick cooking spray evenly in pan. Bake in a preheated 350* F oven for one hour or until golden brown.

APPENDIX E

January

Poem

Come on, friends

Come on, little friends, and take a walk with me.
Come on, frog, jump off your log.
Come on, kitten, put on your mittens.
Come on, bear, com out of your lair.
Come on, bunny, you're such a honey.
Come on, bee, come with me.
I like my friends, each and everyone.
Because every day we have so much fun.

Song

The more we get together Traditional

The more we get together, together, together,
The more we get together, the happier we'll be,
Cause your friends are my friends,
And my friends are your friends,
The more we get together, the happier we'll be.

Amish Friendship Bread

Starter

Ingredients

1 package active dry yeast
1/4 cup warm water
1 cup all-purpose flour
1 cup white sugar
1 cup warm milk

Procedure

Use only plastic or wooden utensils and plastic or glass containers. Do not use metal. In a small bowl, dissolve the yeast in warm water for about 10 minutes. Stir well. In a 2 quart plastic or glass container, combine 1 cup sifted flour and 1 cup sugar. Mix thoroughly or the flour will get lumpy when you add the milk. Slowly stir in warm milk and dissolve yeast mixture. Place the mixture in a large resealable plastic bag. Consider this day 1 of the cycle.

Day 1 Receive the starter

Day 2 Squeeze the bag.

Day 3 Squeeze the bag

Day 4 Squeeze the bag

Day 5 Add 1 cup each flour, sugar and milk.Pour into hot skillet. Batter will sizzle. Bake at

450* F for 35 minutes or until golden brown.

Day 6 Squeeze the bag

Day 7 Squeeze the bag

Day 8 Squeeze the bag

Day 9 Squeeze the bag

Day 10 Add 1 cup flour, 1 cup sugar, and 1 cup milk. Divide into 4 containers with 1 cup each for 3 friends and keep 1 cup for your loaves. Give friends the instructions for Day 1 through Day 10 and the following recipe for baking bread.

In a separate bowl combine the following dry ingredients and mix well:

2 cups flour

1 cup sugar

1 1/2 teaspoon baking powder

2 teaspoon cinnamon

1/2 teaspoon baking soda

1 (5.1 ounce) box instant vanilla pudding

1/2 teaspoon salt

1 cup nuts

Add dry ingredients to wet ingredients. Mix and pour into 2 well greased and sugared pans.

Bake at 325* F for 1 hour.

APPENDIX F

February

Poem

Freedom freedom

Freedom freedom let it ring

Let it ring said Dr. King

Let us live in harmony.

Peace and love for you and me.

Freedom freedom let it ring

Let it ring said Dr. King.

Song

Dr. Martin Luther King

Sung to "Happy Birthday"

Dr. Martin Luther King

Let's celebrate and sing

He had a dream you say

His life was taken away.

Dr. Martin Luther King

Let's celebrate and sing

We can bridge and mend

We can all be friends.

Cornbread

Ingredients

2 cups of self-rising cornmeal

2 eggs beaten

2 cups of buttermilk

2 tablespoons of bacon drippings, melted or vegetable oil

Procedure

Heat oven to 450* F. Grease your 9 inch skillet with about 2 tablespoons of shortening or oil. (use bacon drippings if available). Leave oil in bottom of pan. Place pan in oven to heat.

Combine cornmeal eggs, buttermilk and the melted bacon drippings. Mix well.

APPENDIX G

March

Poem

Five clever Leprechauns

Five clever leprechauns all dressed in green,

The first one said, "We mustn't be seen!"

The second one said, " Should we hide our pot of gold?"

The third one said, " That's what I've been told."

The fourth one said, "Look, I see a rainbow."

The fifth one said, "Well, come, on, Let's go!"

Then all of those little people ran away,

Do you know why?

It was St. Patrick's Day!

Song

Too-ra-loo-ra

Too-ra-loo-ra-loo-ral

Too-ra-loo-ra-li

Too-ra-loo-ra-loo-ral

Hush now don't you cry.

Too-ra-loo-ra-loo-ral

Too-ra-loo-ra-li

Too-ra-loo-ra-loo-ral

That's an Irish lullaby.

Irish Soda bread

Ingredients

4 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon salt
14 ounces buttermilk

Procedure

Preheat oven to 425* F. Lightly grease and flour cake pan. In a large bowl, sift and combine all dry ingredients. Add the buttermilk to form a sticky dough. Place on floured surface and lightly knead. Shape into a round, flat shape in a round pan and cut a cross in the top of the dough. Cover the pan with another pan and bake for 30 minutes. Remove cover and bake for an additional 15 minutes. The bottom of the bread will have a hollow sound when tapped to show it is done. Cover the bread in a tea towel and lightly sprinkle water on the cloth to keep the bread moist.

APPENDIX H

April

Poem

Five little Easter eggs

Five little Easter eggs, lovely colors wore,
Mother ate the blue one and then there were four.
Four little Easter eggs, two and two you see,
Daddy ate the red one and then there three.
Three little Easter eggs, before I knew,
Sister ate the yellow one, then there were two.
Two little Easter eggs, oh what fun,
Brother ate the purple one, then there was one.
One little Easter egg, all alone,
I ate the green one and then there were none.

Song

Rabbit doesn't have a tail at all
Sung to "London Bridge"

Rabbit doesn't have a tail at all,
tail at all, tail at all
Just a powder puff.

His ears are longer than his tail,
than his tail, than his tail
It's a powder puff.

Easter Bread

Ingredients

2 3/4 cups flour

1/2 cup sugar

1 teaspoon salt

1 package dry yeast

2/3 cup milk

2 tablespoons margarine

2 eggs, roomtemperature, beaten

5 colored eggs raw eggs

In a large bowl combine flour, sugar, salt and yeast. Heat milk and margarine in a saucepan over low heat until warm. Add to dry ingredients. Add beaten eggs into dry mixture along with warmed milk. Beat 2 minutes. Stir in enough additional flour to make soft dough. Knead 8- 10 minutes. Place in a greased bowl, turn to grease top. Cover and let rise until double (about 1 hour). Punch down. Divide in half. Roll each half into a 24 inch rope. Twist ropes together loosely, like a candy cane, then form into a ring on a greased baking sheet. Brush with melted margarine. Place colored eggs into spaces and twist. Cover and let rise until double (about 45 minutes). Bake at 350* F for 30-35 minutes.

APPENDIX J

May

Poem

On our Seder table the symbols abound;
You needn't look far, they're all around.
Look on your plate for a parsley green,
A sign of spring when it's seen.

And somewhere near, there is salt water,
Tears of slavery, hard work with a mortar.
And so together, we can now recall,
The green around, the tears that fall.
Harriet Goldner

Song

Do You Know the Matzoh man?
Sung to Do you know the muffin man?

Do you know the Matzoh man?
the Matza man, the Matzoh man?

Do you know the Matzoh man
Whose name is Afikomen?

Matzoh

Ingredients

2 1/4 cups flour

3/4 teaspoon salt

1/3 cup butter

1 egg beaten

1 tablespoon onion powder

1/2 cup milk

Procedure

Combine onion powder and milk in a small bowl,

APPENDIX K

Extensions to the lessons

Make a bread collage. Provide magazines for the children to cut out pictures of different types of bread. The pictures can be glued onto a paper plate.

Bread sponge painting. Cut sponges into different shapes and types of bread. Place sponges and shallow trays of tempera paint in the art center. Children can dip a sponge into the paint and press it on a piece of paper.

Biscuit cutter prints. Place biscuit cutters and shallow trays of tempera paint in the art center. The children can dip the biscuit into the paint. After this, the biscuit cutter can be placed on a piece of construction paper. The children can repeat the process if desired.

Make a thank you card. Make a thank you card for whoever helps bake the bread in the classroom.

Favorite Bread Graph. After tasting various types of breads, the children can assist in making a graph of their favorite types of breads. Print the title of the graph, "Our Favorite Bread" on a piece of chart paper. Draw or paste pictures of different types or flavors of bread. Have the child choose their favorite type of bread and put their name next to it. Display the graph and discuss using vocabulary words such as, most, more, fewer and least.

Painted Toast. Gather a loaf of bread, food coloring, milk, small clean paint brushes, and a toaster. Fill several glasses half full of milk and add food coloring to each. Set the materials on clean paper towels at the art center. Allow each child to lightly paint a piece of bread. When the child has finished painting his design, allow him to put the bread in the toaster. When the bread is toasted, the child will have a colorful, unique and edible piece of toast.

Bread Grains. In the science center set out containers of grains used to make bread for the

children to examine. Examples include wheat, corn, oats, and rye. Provide magnifying glasses for children to explore grains.

Bakery - dramatic play. Prepare the housekeeping area to resemble a bakery where the children can pretend to make breads and baked goods to sell to their classmates as customers. Provide the following items: aprons, baker's hats, bowls, mixing spoons, pans, rolling pins, muffin tins, measuring cups, egg cartons, empty bread/roll mixes, oven mitts, a cash register, and posters/pictures depicting baked goods.

Sensory activity. Different types of grains can be placed in the sensory table. Examples include: corn, rice, wheat, barley, and oats. Provide pails, scoops, measuring cups, flour sifters, and spoons to encourage active exploration.

Clean up. Cooking utensils used for preparing baked goods can be placed in the sensory table with soapy water and dish cloths. The children can "wash" the items.

Bread trail. Set up a bread train in the classroom. Tape pictures of the bread creating a trail on the floor. Have the children follow the trail by walking or hopping.

Muffin tin math. Muffin tins can be used for counting or sorting activities based upon the children's developmental level. For example, numerals can be printed in each cup, and the children can place the corresponding set of corn or toy pieces in each cup. Likewise, colored circles can be cut out of construction paper and glued to the bottom of the muffin cups. The children then can place objects of matching colors in the corresponding muffin cups.

Yeast experiment. To demonstrate the effect of yeast, try this experiment. Pour one package of dry yeast, 1 cup of sugar, and 1 cup of warm water into an empty soda bottle. Cover the bottle opening with a balloon and watch it expand.

Bread basket upset. This game is played in a circle formation on chairs or carpet squares. One child is asked to sit in the middle of the circle as the baker. Hand a picture of various breads - breads, muffins, rolls, etc. to each of the other children. To play the game, the baker calls out the name of bread. The children holding that particular bread exchange places. The game continues. When the baker calls out, "Bread basket upset," all of the children must exchange places, including the baker. The child who is unable to find a place is the new baker.