

# SPREAD THE BREAD PATCH ACTIVITIES FOR YOUTH LEADERS

Discuss the activities with the girls then help them select the ones they would like to do to complete the patch. Girls must complete a minimum of four activities to receive the Spread the Bread patch. The starred activity is required. You can also create your own special bread activity...the concept is "as pliable as the dough".

**HISTORY:** Discover the origins of bread. What was the first bread ever made? Who made it and when? Sourdough is the oldest yeast bread ever made. In which country was it first made? How is making bread today different than when bread was made when our country was founded? If possible, visit a historic site where bread is still being made like our founders did.



Helpful Sites -

Food Timeline - <http://www.foodtimeline.org/foodbreads.html>

The History of Bread - <http://www.breadinfo.com/history.shtml>

The History of Sourdough - <http://www.kitchenproject.com/history/sourdough.htm>

**TRADITIONS:** Explore how bread is viewed in different cultures and religions. Some symbols include:

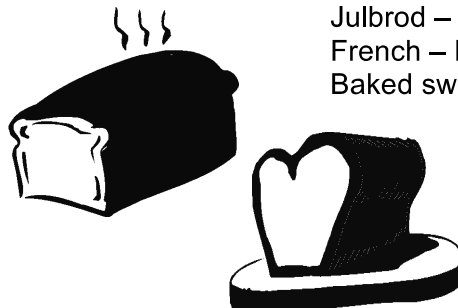
- Ukrainian – bread and salt represent hospitality
- Christianity – the body of Christ
- France – fertility
- Jewish Religion – unleavened bread for Passover...Matzo, symbol of divine help
- Breaking bread in friendship – origins grounded in ancient Arab nations
- Bahá'í Religion – heavenly food and divine perfections
- Pentecost Religion – good news
- Fry Bread has become one of the main identifiers of the Native American
- Romans – bread with a cross marked on it was a symbol of peace
- Bread has also been used as a symbol of bounty, fulfillment, hope, love, and unity.
- The expression "cast your bread on the surface of the waters," is taken from the custom of sowing seed by casting it from boats into overflowing rivers or in marshy ground. When the waters recede, the grain will fall to the soil and spring up. The encouragement here is to be a kind person because you never know when you might be in need of kindness yourself.

Talk about how bread is used in your home. Do you have any special bread that is eaten for important/festive occasions? If possible, share some special bread with each other.

**DIVERSITY:** Try breads with origins in a variety of cultures. Select your favorites. You could pick the one you like most and try making it. Suggestions:

Challah and Matzo - Jewish  
Nan - India  
Soda bread - Ireland  
Pita - Greece  
Tacos and tortillas - Mexico  
Pumpnickel – Germany

Focaccia – Italy  
Fry bread – Native American  
Honey bread - Ethiopia  
Julbrod – Sweden  
French – France  
Baked sweet bread - China



**SCIENCE:** What is meant by leavened and unleavened bread? How does yeast make bread rise? Look at yeast under a microscope. Why must leavened bread be kneaded? Make or try some unleavened breads. Compare it to leavened breads. Which do you like? Why? How do baking powder and baking soda work?

Helpful Sites -

“Read Aloud Stories About Bread, Yeast the Magic Maker” - <http://hometown.aol.com/glory10243/stories.html>

How Stuff Works - <http://www.howstuffworks.com/question57.htm>

**TECHNOLOGY:** How is bread produced commercially? Visit a place where bread is made in large quantities. It could be a local bakery, restaurant or super market with on-site baking, or manufacturing plant. You could visit a facility that grinds grains like wheat, oats, barley, rye, corn, etc. Learn how grains get from the field to your table.

**NUTRITION:** Compare the nutrients in different types of bread. Learn how to read the food labels. Which breads are higher in calories, sodium (salt), fat, have more whole grains. Which is healthier for you, white or whole grain bread? Why? Where does bread fit into the food pyramid? You could ask a dietician or nutritionist for help with this activity.

**SPECIAL NEEDS:** Learn about special needs for people who can't eat regular bread or need to restrict it.

Gluten Free – Celiac Disease What is gluten? <http://www.gicare.com/pated/edtgs06.htm>

Sodium Restricted

Fat Restricted

Fiber Restricted

Lactose Intolerance What is lactose? [http://en.wikipedia.org/wiki/Lactose\\_intolerance](http://en.wikipedia.org/wiki/Lactose_intolerance)

If you find someone with a special need, learn how to make bread to meet their need and give them a treat of homemade bread.

**SAFETY:** What safety precautions must be followed in a kitchen when making bread? Discuss the proper way to wash hands, store and handle ingredients, use an oven, prevent spills and slips and clean up. Learn simple first aid for a cuts and burns

Helpful Tip -

The Red Cross has a program on proper hand washing that is suitable for younger children. It is called Scrubby Bear. Check with your local chapter to see if it is available.

Helpful Site -

Home Safety Council - [http://www.homesafetycouncil.org/safety\\_guide/sg\\_kitchen\\_w001.aspx](http://www.homesafetycouncil.org/safety_guide/sg_kitchen_w001.aspx)

**THE ARTS:** Ideas -

- Learn how to braid bread and create different shaped loaves.
- Write Haiku, Limerick or Cinquain poems about bread. Attach them to your loaves of bread.

Helpful Sites –

- Haiku - [http://www.readinga-z.com/poetry/lesson\\_plans/haiku/haiku\\_print.html](http://www.readinga-z.com/poetry/lesson_plans/haiku/haiku_print.html)
- Cinquain - [http://www.readinga-z.com/poetry/lesson\\_plans/cinquain/cinquain\\_print.html](http://www.readinga-z.com/poetry/lesson_plans/cinquain/cinquain_print.html)
- Limerick - [http://www.readinga-z.com/poetry/lesson\\_plans/limerick/limerick\\_print.html](http://www.readinga-z.com/poetry/lesson_plans/limerick/limerick_print.html)

- Create posters encouraging others to Spread the Bread. Hang them in public places.
- Learn to write a news article promoting Spread the Bread. Send it to your local newspaper.
- Make bread dough SWAPS and attach one to each loaf.



- Music can make a job seem easier. Select your favorite music and play it while making your bread. Which type of music do you think would make the task go faster and more pleasantly?
- Create a Bread Quilt. The quilt could be made of fabric with blocks representing different types of bread and the cultures from which they come or symbols of the meanings given to bread like hope, peace, unity, friendship, and love. It could also be made with blocks of paper. Hang your quilt in a local place like a school hallway or at a house of worship. Add a poster to tell people about the Spread the Bread project.
- Read stories that use bread as a symbol or an import focus of the text like:
  - [Sleeping with Bread & Making Heart-Bread](#) by Dennis, Sheila, and Matthew Linn (simple children's stories)
  - "The Bread & Water "by C. Schmid - [http://www.4to40.com/story/index.asp?article=story\\_breadandwater](http://www.4to40.com/story/index.asp?article=story_breadandwater)
  - [Hansel & Gretel](#) - *Grimm's Fairy Tales*

**CAREER DEVELOPMENT:** Speak to someone who deals with bread as part of their job...baker, dietician, restaurant owner, nutritionist, etc. Find out what the job entails. What are the positive and (possibly) negative parts of the job? What education did they need for the job? Many women are famous for their work professional kitchens. Learn about some.

\* **SERVICE:** Learn about the Spread the Bread project. Identify where in your local area you could donate your bread. Check with food pantries, food kitchens, welfare office, Meals on Wheels, homeless shelters, battered women's shelters, senior housing projects, places of worship, etc. The bread could also be given as thank you gifts to local heroes like veterans, police officers, firefighters and others who have supported the nation and community. Remember, the Spread the Bread mission is to give loves of bread with heartfelt messages to individuals. The bread is not meant to be sliced up and served at communal feedings.

Learn about Friendship Bread. Make some starter and spread the word to others by handing out starter and the directions for making more bread. Tell others about Spread the Bread.

Compile a booklet of bread recipes. Share them with others to help Spread the Bread mission.



Send a report of your project to Spread the Bread telling about what your group did to complete the patch requirements and where you donated the bread.

Helpful Sites –

Spread the Bread - <http://www.spreadthebread.org>

Amish Friendship Bread - <http://www.armchair.com/recipe/bake002.html>

## ADDITIONAL RESOURCES:

**Bread Poems and Bread Stories:** <http://groups.yahoo.com/group/spreadthebread>

Go to the Spread the Bread Yahoo Group site, join the group, if not already a member, then click on Files.

**Whole Grains Council:** [www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)

A consortium committed to increasing consumption of whole grains for better health. Promoter of the Whole Grain Stamp.

**MyPyramid:** [www.mypyramid.gov](http://www.mypyramid.gov)

Features the updated "Food Pyramid," illustrating the USDA's 2005 Dietary Guidelines for Americans.

**Wheat Foods Council:** [www.wheatfoods.org](http://www.wheatfoods.org)

A national nonprofit organization formed to help increase awareness of grains as an essential component to a healthy diet.

**Wheat Mania:** [www.wheatmania.com](http://www.wheatmania.com)

A day in the life of a Kansas wheat farm with virtual tours and trivia. Great website for kids!

**American Dietetic Association:** [www.eatright.org](http://www.eatright.org)

The nation's largest organization of food and nutrition professionals.

**American Institute of Baking:** [www.aibonline.org](http://www.aibonline.org)

The original mission of the AIB was to "put science to work for the baker," a theme still central to all of the programs, products, and services provided by AIB to baking and general food production industries worldwide.

**Bread Bakers Guild of America:** [www.bbga.org](http://www.bbga.org)

An organization representing, educating, and promoting artisan bread bakers.

**National Restaurant Association:** [www.restaurant.org](http://www.restaurant.org)

The leading business association for the restaurant industry.

**The Food Institute:** [www.foodinstitute.com](http://www.foodinstitute.com)

A resource for food industry information.

**The Pay It Forward Foundation Grants:** <http://www.payitforwardfoundation.com/educators/index.html>

The Pay It Forward Foundation has some great resources for youth leaders to help young people understand the value of paying forward a good deed.

Go to the Web site and click on the buttons to the left to obtain lots of helpful ideas to get your group started in paying forward. Keep it going...print out the Pay It Forward cards, log in your good deeds and see how far they will go.

The Pay It Forward Foundation administers a mini-grant program for Pay It Forward activities designed by and involving youth in service to their school, neighborhood or the greater community. Mini-grants up to \$500 are available to schools, churches and community-based groups of youth for service activities of all types.

A Pay It Forward project is defined as one or more service activities that benefit a school, a neighborhood or the greater community, and that include learning goals for the youth participants. Only projects that clearly contain a "pay it forward" focus – that is, projects based on the concept of one person doing a favor for others, who in turn do favors for others, with the results growing exponentially – are given consideration in the grant making process.

Funds may be used for supplies, materials, equipment or transportation to a service site. Funds may not be used to pay for personnel, to replace state or local school funds, or for celebration food and drinks.

Applications for mini-grants are reviewed three times each year. Deadlines are January 15, April 15 and October 15. Applications received after a deadline will be reviewed in the subsequent grant cycle. Applicants will be notified about the status of their mini-grants within 60 days of each deadline.