



4-H Youth Development Program Curriculum

Bread and Little Hands

Summary:

Through observation and hands on participation in this program, children, 5-8 years old, learn how bread is made and its contribution to a balanced diet. In addition, they learn the importance of bread in the history of the human race.

Through a hands-on, minds-on approach, this curriculum provides an opportunity for children to apply math, science, reading, and language concepts. Working independently, as well as in small groups, breads are a wonderful medium for teaching children a variety of life skills.

The curriculum includes 6 lessons, with 4 activities per session. Each lesson is approximately 1-1 1/2 hours in length.

Each session includes:

- What Children Will Learn and Do
- In the Know
- Supplies
- Advance Preparation
- Instructions
- References and Resource
- Activity and Recipe Sheets

Suggested Implementation:

The curriculum can be used in a classroom, after-school, or home setting.

Tasks should be divided so each child has an important role. Safety should be emphasized before starting the activity. Teachers will obtain information needed to do the activities in the Leader Guide.

Materials Needed:

Instructors will need basic kitchen facilities or an area for food preparation. Ingredients vary by activity and are listed with all other tools needed in the beginning of each session.



How to Order or For More Information:

UC Cooperative Extension
11477 E Avenue, Auburn, CA 95603
(530) 889-7394, ceplacer@ucdavis.edu
Cost: \$9.00

Participants - Ages 5-8
Subjects Science math language Arts, Nutrition
Skills listening, thinking, reading, writing
Adult or teen instructors