

# Yeast Bread and French Bread Lab Foods II

## Summary

This lesson looks at the process of making yeast breads and the different products that can be made from yeast bread. The lab includes a no fail French bread recipe and seven different variation to be applied in labs.

## Main Core Tie

Dietetics and Nutrition 1

[Strand 4 Standard 1](#)

## Additional Core Ties

Dietetics and Nutrition 1

[Strand 4 Standard 3](#)

## Time Frame

2 class periods of 90 minutes each

## Group Size

Large Groups

## Life Skills

Aesthetics, Thinking & Reasoning, Employability

## Materials

Yeast Bread power point and Listening Guide.

2 Hour French Bread recipe and variations.

Yeast Bread Word Search.

## Background for Teachers

There are a variety of websites that introduce the art of breadmaking. Some websites that have good information are included.

## Intended Learning Outcomes

Students will identify and prepare yeast breads.

Students will identify the classes of breads: rolls, loaves and deep fat fried.

Students will identify the ingredients in yeast breads and their functions, and identify the food science principles involved in making yeast breads.

## Instructional Procedures

Day 1:

Hook: Introduce the topic of yeast breads - have the students brainstorm on different products that involve yeast breads.

Hand out the Yeast Bread Study Sheet and go through the Yeast Bread Study Guide power point. Discuss the various slides, allowing students to fill in the correct answers as you go.

Demonstration: 2 hour French Bread Recipe. Show the students the process of using this recipe.

Take time to discuss the purpose of the ingredients and key terms like, fermentation, proofing, and

oven spring. Share with the students that this recipe works because the yeast has been protected by the flour when the hot water is added.

Remind them that this is the key to this recipe.

Let the students know that the following lab day will involve them preparing the French bread dough with another lab and splitting the recipe to make two products. If there is time, as the teacher, you can bake some of the bread dough into one of the variations. If there isn't time, the bread dough can be divided into two gallon size Ziploc bags and refrigerated to be used later.

Day 2:

Pair up two groups and have them work together to make one recipe of the 2 Hour French bread recipe. As they continue to work the dough, assign each group to make one of the variations on the recipe. The groups can work individually on the fillings, but together on the dough. Have the students allow at least 30 minutes in the 50 minute process of mixing. The product has enough yeast that it will work regardless. As the student get their product into the ovens, hand out the Yeast word search for them to work on while their product bakes. When their product comes out of the oven, using a serrated knife, cut each of the pockets into enough pieces for everyone in class to try. Due to the length of this lab, using paper plates will help manage the clean up. Before the students leave class on the second day, have them turn in their listening guide and word search.

Authors

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