

# Yeast Bread - Pretzel Lab

## Summary

An excellent introductory lab experience giving the students an opportunity to work with yeast in preparing Soft Pretzels.

## Main Core Tie

Dietetics and Nutrition 1

[Strand 4 Standard 1](#)

## Time Frame

1 class periods of 90 minutes each

## Group Size

Small Groups

## Materials

Handouts:

Lab Planning Sheet

Soft Pretzel Recipe

Yeast Bread Crossword Puzzle

Yeast Bread Study Sheet

Ingredients needed for each unit to prepare pretzels:

1 tbs. yeast

1 1/2 cups warm water

1 tsp. salt

1 tbs. sugar

4 cups flour

1 egg

coarse salt (I purchase margarita salt)

cinnamon/sugar, garlic, parmesan cheese, or other seasoning

## Background for Teachers

The teacher needs to have a basic understanding about yeast breads; the characteristics that identify them; how to prepare them using different methods; identify and know how to prepare the three different classes of yeast breads; identify the basic ingredients and their functions and how to prepare different examples of yeast breads.

This is a great lab for the students to introduce them to yeast and its characteristics and in preparing a yeast bread within a short period of time.

## Student Prior Knowledge

The student needs to know what yeast breads are and how they differ from quick breads. They should know how to prepare different yeast bread recipes.

## Intended Learning Outcomes

The student should be able to identify the characteristics and ingredients used in yeast breads from quick breads, and how to prepare them in a variety of recipes.

### Instructional Procedures

Hand out to the students the Yeast Bread Crossword puzzle that they can work on if they have time during the hour. They can use the classroom textbook and their notes as resources in completing the puzzle.

Hand out the lab planning sheets and the recipe for the Pretzels. (If this lab is used as an introduction to yeast breads, refer to the study sheet for some basic information about yeast breads and working with yeast before lab. If this lab is used as another lab experience to work with yeast in preparing yeast breads, then you can begin with the lab.) Go over and explain how to prepare the pretzels.

Measure warm water into large bowl. Sprinkle in yeast and stir.

Add salt, sugar and flour and mix together until you have a soft dough. Knead dough.

Divide the dough and each student can create their own pretzel or shapes.

Place shapes on cookie sheet, brush with beaten egg and sprinkle with coarse salt or other seasonings. Bake.

The students will need to set their table, eat and clean up before leaving.

### Authors

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