

## **LEADER GUIDE FOR ACTIVITIES**

**Note: The Kid's Garden will meet only on Tuesday this week due to a scheduled field trip on Thursday.**

### **Overview**

This week will begin a four-part series entitled "Growing a Pizza" where kids will learn about growing ingredients for pizza crust (wheat), pizza sauce (tomatoes), cheese (dairy and cows), and seasoning (herbs and their uses both culinary and medicinal).

### **Schedule**

Repeat opening as each group arrives. Use hand sanitizer for each child prior to making pita breads.

### **Opening**

As each inside/outside group arrives, distribute nametags and water bottles, and then discuss the overview information and introduce the theme for the next four weeks. Ask kids to name their favorite type of pizza and type of pizza crust – thick or thin, etc. Tell kids that this week they will be learning about wheat, which is the main ingredient in pizza crust. Next, divide the larger group into three smaller groups for activities.

### **Inside group Tuesday**

Note: Prior to beginning of activity, make 3 batches of Light Whole Wheat Dough Pg. 74 - *Artisan Bread in Five Minutes a Day: The Discovery That Revolutionizes Home Baking*, Herzberg & Francois, 2007. Place one batch of dough, and small amount of flour at each station. Preheat oven to 500 degrees with stone inside. **BE SURE TO TURN ON FAN AS THE HIGH HEAT AND FLOUR MAY CAUSE SOME SMOKING.**

Have kids wash/sanitize hands and divide into three smaller groups. Divide batch of dough at each station into 12 balls. Lightly dust the surface with flour. Demonstrate how to flatten dough evenly. Have kids flatten the dough into round pita shaped discs and try to flatten to about 1/8" evenly.

Have an adult place the pitas onto the baking sheet and bake each one for 5-7 minutes.

Once pitas are baking, have kids help clean up and gather the group together. Present the information “**Wheat Facts**” and show the picture and label of the different parts of wheat. Kids will then go out to work in the garden to harvest, weed, and water.

At end of activity have kids place cooled pitas onto serving trays to serve to both groups.

## WHEAT FACTS

**From: <http://oklahoma4h.okstate.edu/aitc/lessons/extras/facts/wheat.html>**

Some of the kinds of wheat grown in the US include:

**Durum**, a very hard, almost see-through, light colored grain used to make a special flour called semolina which is used for pasta;

**Hard red spring wheat**, a hard, brownish, wheat used for bread and hard or crisp baked goods;

**Soft red winter wheat**, a soft, brownish, wheat used for bread;

**Hard white wheat**, a hard, light colored, wheat used for bread and brewing beer;

**Soft white wheat**, a soft, light colored, used for bread.

Because wheat is a crop that can be grown in so many places, it is being harvested somewhere in the world every month of the year. Wheat is good at growing in harsh environments and is mostly grown on wind-swept areas too dry and too cold for rice and corn.

### History of Wheat

Domestic wheat, or the kind of wheat we grow in the US, came from areas around Turkey and Iraq. Around 9000 years ago, a wild type of wheat was first grown as a farming crop. (Some plants grow wild on their own, then, people take the seeds and start growing the plant as crop in a field or a garden.)

Columbus, who came to America to search for new lands, packed wheat on his ships on his second voyage to the New World.

While wheat was grown in the United States during the years when Pilgrims first came to America, it was not until many years later that it was grown as a main crop in the US.

### Facts About Bread

Bread may be the ancestor of all foods. Explain that an ancestor is someone who has lived a long time ago. The first bread was made nearly 12,000 years ago. At that time, crushing grain and mixing it with water was probably the process used to make bread. The dough was then baked in the sun or laid on heated stones and covered with hot ashes.

Bread is probably the one food eaten by people of every race, culture and religion.

One family of four can live 10 years off the bread produced by one acre of wheat

## **The Wheat Plant**

Below is the key for the parts of the plant labeled in the picture of the wheat plant. This annual grass plant grows to be two to three feet tall.

- 1) beard - This part of the plant looks bristly and protects the kernels.
- 2) kernel - When planted in moist soil, this plant part provides the plant with food to grow. Each wheat head contains 50 to 75 of these, which are the only part of the wheat plant used for human food and livestock feed.
- 3) head (termed spike until it matures) - the part of the plant that contains the kernels and the beard, located at the top of the plant stem
- 4) stem - the part of the wheat plant that supports the head and becomes straw at harvest
- 5) leaves - the parts of the wheat plant that gather light energy for photosynthesis
- 6) roots - part of the plant that gets nourishment from the soil and which anchors the wheat plant to the soil

# THE WHEAT PLANT

