

HANDS ON ACTIVITY: BAKE YOUR OWN BREAD

Running a bakery is a lot of work! This activity will help us see how much work it would be to run a bakery like those started in Bolivia. It also gives us an inside look at what a day in the life of a Bolivian baker could be like.

LET'S GET STARTED

WHAT YOU'LL NEED:

- 4 1/2 to 5 cups (542g to 600g) unbleached bread flour
- 1 tablespoon (11g) sugar
- 2 1/4 teaspoons instant yeast
- 2 1/2 teaspoons table salt (not kosher)
- 1 2/3 cups (379g) water, lukewarm (90°F to 110°F)
- Cornmeal, for coating the pan

INSTRUCTIONS:

1. Stir together all of the ingredients (except the cornmeal) in a large bowl, starting with 4 1/2 cups of the flour. Use a sturdy spoon. Mix until everything comes together in a rough, mass of dough.
2. If you're kneading the dough by hand, turn it out onto a lightly floured surface, using some of the additional 1/2 cup of flour. Fold the far edge of the dough back over on itself towards you, then press it away from you with the heels of your hands. Rotate the dough 90°. Repeat this fold-press-rotate process with a rhythmic, rocking motion for about 6 minutes. When fully kneaded, the dough will be bouncy and smooth.
3. Place the dough in a bowl that's been lightly greased with vegetable oil or cooking spray. Cover the bowl with plastic wrap or another airtight cover, and let the dough rise at room temperature until it's doubled in size, about 1 to 2 hours.
4. Gently deflate the dough and cut it in half. Pat each half into a rough 6" x 8" oval.
5. Working with one piece of dough at a time, grab a short side and fold the dough like a business letter (one short side into the center, the other short side over it). Use the heel of your hand to press the open edge of the "letter" closed. Gently pat and roll the dough into a log about 10" long. Repeat with the remaining piece of dough.
6. Place the loaves, seam-side down, on a baking sheet (lined with parchment if desired). Sprinkle the pan (or parchment) generously with cornmeal.
7. Let the loaves rise, lightly covered with greased plastic wrap, for 45 minutes. They should have grown large and puffy. Gently poke your index finger into the side of one of the loaves; if the indentation remains, your bread is ready to bake. Towards the end of the rising time, preheat the oven to 450°F.
8. When your bread is risen, dust the loaves with a thin coat of flour. Then make three or four 1/2" deep diagonal slashes in each loaf; these slashes will help the bread rise evenly as it bakes. Place the bread in the oven.
9. Bake the bread for 20 to 25 minutes, until the crust is golden brown and a loaf sounds hollow to the touch when you tap it on the bottom. The interior temperature of the bread should register at least 190°F on a digital thermometer.
10. Turn the oven off, crack the door open, and allow the bread to remain inside for 5 additional minutes; this helps keep the crust crisp. Remove the bread from the oven and cool it on a rack. It's best not to cut into the bread until it's cooled down a bit.

In this activity, we had to keep working hard until the bread was all the way done, and this only made two loaves! Can you imagine what it must be like to make dozens of loaves of bread every day? This is the job of some bakers in Bolivia. They make bread day after day, because this is a way they can provide for their family. Hopefully this activity gives you a taste of the work that goes into running a small business, and also provides you with delicious bread for your family to eat with dinner!

HANDS ON ACTIVITY: BE A BEEKEEPER

Bzzzz! You may not know this, but keeping bees is a great way to raise money and provide for families. Bright Hope works with Bolivians to raise bees and sell the honey and wax they make.

LET'S GET STARTED

WHAT YOU'LL NEED:

- Cardboard box
- Yellow, brown, and white paper
- Black marker
- Mesh fabric
- A wide-brimmed hat
- Safety pins

INSTRUCTIONS:

1. Cover the cardboard box in brown paper - this is your hive!

- a. Feel free to decorate the box by putting paper bees (instructions below) on it or cut out hexagons to form your own honeycomb!

2. Make paper bees.

- a. Cut out a yellow oval with a circle at one end for the body of the bee.
- b. Cut out two tear-drop shaped pieces of the white paper for wings.
- c. Tape the wings to the body of the bee, and draw stripes along the back, and a face on the circle if you choose.

3. Make your beekeeping hat.

- a. Drape the mesh over the hat.
- b. Use safety pins to pin the mesh in place on the hat.
- c. (Optional) for long term play, you can glue the mesh to the hat!

SOME COOL FACTS ABOUT BEES

- There are three types of bees in every hive: a queen, worker bees, and drones.
- Beekeeping is one of the oldest jobs.
- Honey bees don't sleep. Instead, they spend their nights motionless, conserving energy for the next day's activities.
- Every bee colony has its own distinct scent so that members can identify each other.
- Ever wonder why a beekeeper's suit is always white? It's because bees react strongly to dark colors!
- Bees can communicate by dancing.
- The science of beekeeping is called "apiculture."
- Swarming occurs when a colony has outgrown its current hive and is preparing to separate into two or more new, smaller hives.