

hands on! Farming

make egyptian-style bread

Meets Illinois State Goals: 7, 17 (Subject Areas: Math, Social Studies)

Background Information for Teachers

Bread was a staple of the ancient Egyptian diet. Flour for baking bread was made by grinding the grain from wheat or barley, two of the main farm crops of Egypt. Egyptian bread was usually shaped into flat rounds or triangles. Occasionally, chopped dates were added for sweetness. Beer and wine were the most popular beverages in ancient Egypt. Other foods commonly eaten were meat, fish, onions, garlic, and grapes.

Objectives

Highlight that the natural environment of Egypt allowed farms to provide food, a basic human necessity.

Make and use measurements

Materials

Copies of **Student Stuff** hand-out: "How to Make Egyptian-Style Bread"

14 oz. of flour

1 cup water

1/2 teaspoon salt

Chopped dates (optional)

Oven

Mixing bowl and spoon

Baking sheet

Time Needed

One class period plus 30 minutes baking time

Suggested Procedure

- 1) Give students some background on farming and foods in ancient Egypt.
- 2) Divide students into small groups for making bread, or do a demonstration, using the recipe on the **Student Stuff** hand-out: "How to Make Egyptian-Style Bread."

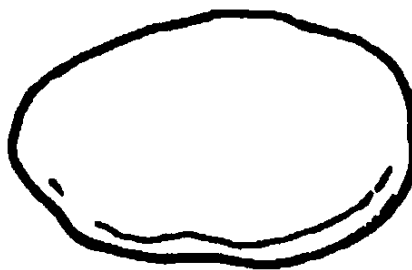
how to make egyptian-style e bread

- 1) Mix the water, flour, and salt together slowly in your mixing bowl, adding chopped dates if you like.



- 2) Knead the dough, and form it into small rounds or triangles. Cover the dough, and let it sit overnight.

- 3) The next day, bake your bread in an oven set to 350° fahrenheit for 30 minutes. Enjoy your bread with other foods similar to those eaten in ancient Egypt, like grape juice, figs, and fish.



student stuff