

Activity plan and risk assessment

Breadmaking

Session length: 165 minutes (2h45)

Instructor/participants ratio: 1 /12 (note: two groups should **never** be put together)

Session aim: To introduce children to making bread and to allow them to learn the vocabulary linked with this activity

Equipment required: bowls, table spoons, measuring jugs, water jugs, hats, and aprons, pastels, ingredients (salt, water, flour, yeast, and eggs)

In the Château, only the equipment is the cupboard in the big dining room. The ingredients are in the plonge.

Suitable activity area: dining rooms

In the week: when there are only 2 groups doing breadmaking, use the Château dining rooms.

At the weekend: use the Pavillon only.

Time

Content of activity

-10

Session preparation

The instructor must get the room ready for the activity: utensils, ingredients, hats, aprons.

Check the information about the group: age, aptitude, experience and number of children in the group.

Check any medical problems.

0

Meeting

Check the group: correct group, number of children, medical information (BE AWARE OF ANY ALLERGIES), appropriate clothing, workbooks and pen.

Take the group to the dining room.

Remove jewellery, tie hair back.

5

Introduction of the activity:

Introduce yourself and the activity

Ask the children to introduce themselves



Explain the importance of bread in France, what are the most popular types of bread, the name of the shop where bread is made and sold, the people that make and sell the bread etc...

Fill in the workbook.

Present the equipment and the ingredients: make the children guess the 4 basic ingredients: flour, yeast, salt, water. Make them repeat these 4 ingredients and the steps to make bread in the most dynamic and fun way.

You can add that it is possible to add milk, butter, cereals, eggs, nuts, raisins, bacon bits, grated cheese, etc...

45

Preparation of the dough

Wash hands (NOT in the dormitories)

Put the equipment on (hats and aprons)

Put the children in groups of 2

Give out the utensils and ingredients

55

Kneading Part 1

Make the dough and knead for 20 minutes, explain the best method to knead:

-roll the dough in the shape of a baguette and bring the two extremities to the centre

-squash the dough with your fists while bringing it back to the centre

Sing, play games... while kneading.

Advice: choose games and songs which involving proper kneading before doing some sculpting games. The dough will be better and easier to work with.

20 to 40 minutes later, shape a ball with the dough and leave it to rest on the table with the equipment (hats and aprons – without breaking them)

85

Break

Take a 15 minute break to leave the bread rest (it should grow). Don't forget that you keep the kids responsibility on this time and to offer them a drink. At the end of the break, ask the children to wash their hands (before going back to the room)

100

Kneading Part 2

At the end of the break, put the equipment back on (hats and aprons) If time, knead again for 5 minutes (time for a quick song)



115

Final Shape

Discuss possible shapes for the bread. When they are made, put them on a grill of oven. Offer to brush it with egg yolk (emphasise that without the egg yolk the bread will be natural in colour, with the egg yolk the bread will be golden) → CAREFUL with allergies!! You can put milk or water instead of eggs if necessary

Take the breads to the kitchen; the kitchen staff will cook it. DO NOT ENTER in the kitchen (except if you are wearing the appropriate clothing regarding hygiene rules = apron, hat, plastic slippers) If you're taking your bread to the kitchen upstairs, don't forget to take 2 grills back with you to put in the chateau to replace the one you used.

160

Tidying

Tidy the room and leave it clean (clean the tables with hot water; sweep the floor with the help of the children).

Lay the tables with the children if needed.

165

Thank the group. Before you leave the room, check that the children haven't left anything behind; let the children know what will happen next (what time they can collect their bread, what time they are meeting to fill in their diaries...) Remember to check that the bread is taken to the Pavillon if the group eat in that building.

Check the room is clean and tidy. Check the equipment and make sure there is enough for the next activities.

Review

Enthusiasm

What I have learned

Positive points

French

If you finish the activity early than planned, do a quiz, a game, a song (use bread as the theme) inside or outside.

If you do this activity **with a Normandy Experience group**, make sure you finish the activity early so that the bread has time to be cooked and the children can take it with them (knowing it takes around 30 minutes to cook it correctly). You are responsible for the children until the end of the session so stay with them. You can keep the workbook time for the end of your session for example or organise some games in front of the château with them.

If you notice that the stock of flour/yeast is low, remember to tell the office.



Make sure that you inform the duty person/the office if there is no member of the kitchen staff in the Château kitchen so as to ensure that the bread gets cooked.

Please rinse all the bowls out before putting them in the sink so as to help the kitchen staff.

RISK ASSESSMENT

| Danger | Risks | Persons at risk | Level of probability | Measure | Outcome |
|--|---|-----------------|----------------------|--|---------|
| No review about medical information, ... | Allergic reactions (asthma attack...) | Group | Medium | At the meeting point, group met, medical information checked (any allergies to bread's ingredients/epipen/inhalers), correct clothing checked/attached hair /No jewellery Age and number of group checked | Low |
| Equipment Benches Tools | Injuries due to falling; bad using of tools | Group | Medium | Before you start making bread, pupils given a safety brief : - respect of equipment (tools and ingredients) and activity -Define acceptable behaviour: pay attention when using knives, etc... -Organise small groups (groups of 2 with a space between each group) Instructor to check and supervise during the session | Low |



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|------------------------------------|--------------------------------|-------|--------|---|-----|
| Hygiene | Allergies reaction | Group | Medium | <p>Before the bread making starts, pupils given a hygiene brief, include:</p> <ul style="list-style-type: none"> -check medical information -hats and aprons to be worn -wash hands (before starting and at the end of the session) -hair to be attached -use clean and correct kitchen tools -make bread in a safe and clean space | Low |
| Dining room | Dirty place | Group | Medium | At the end of the session, wash tables, sweep the floor, tidy tools and ingredients, to be done by children and instructors | Low |
| Stock of ingredients and equipment | Empty stock Dirty equipment | Group | Medium | The instructor is in charge of the stock of ingredients and taking all dirty tools to the kitchen; to be washed by the kitchen staff | Low |
| Hot weather | Dehydration | Group | Medium | Give drinks as often as needed during break | Low |
| Personal belongings | Lost property | Group | Medium | At the end of the session, give back any personal belongings, workbooks, pens, inhaler, epipen | Low |

