



## Science & Technology / Humanities Activities

There are three activities 1. Little Red Hen bread rolls 2. Magic Inflating Balloon Experiment 3. Life cycle of a chicken

### 1. Little Red Hen Bread Rolls

Below is a recipe to make bread just like the Little Red Hen did in the story. They don't all have to be round, what other shapes can you make using your hands? Click the link for a great video explaining how bread is made:



[https://www.youtube.com/watch?v=6cD-jqABVYc&feature=emb\\_title](https://www.youtube.com/watch?v=6cD-jqABVYc&feature=emb_title)

# The Little Red Hen Bread Rolls Recipe Sheet

## Ingredients

1kg white bread flour  
2 sachets of dried yeast  
2 tbsp vegetable oil  
550-600ml water  
Extra flour and oil for dusting and brushing  
Pinch of salt

## Equipment

Large mixing bowl  
Sieve  
Tablespoon  
Teaspoon  
Wooden Spoon  
Cling Film  
Scales  
Pastry brush  
Scissors  
Baking tray  
Wire rack



## Method

1. Weigh the flour and sieve into the large bowl.
2. Add the salt and dried yeast, spoon in the oil, add the water.
3. Mix the oil and water into the flour with the wooden spoon until the dough is soft but not sticky. If it is too wet, add some more flour, if it is too dry add a bit more water.
4. Turn the dough onto a board or a clean work surface.
5. Knead by pulling and rolling the dough backwards and forwards.
6. Keep kneading for 8 to 10 minutes until the dough is smooth and springy.
7. Put back in the mixing bowl and cover with an oiled piece of cling film.
8. Leave the dough in a warm place for at least an hour until it has doubled in size and feels spongy. (The cling film allows you and the children to see what is happening!)
9. Tip the dough out on the board and knead for a minute or two.
10. Divide the dough into roll-sized portions and form into tight balls.
11. Bake for 12 to 15 minutes at 200°C.

## 2. Magic Inflating Balloon Experiment

This is a fun science experiment using 3 simple ingredients: yeast, sugar and warm water. Watch their eyes light up as the balloon starts to inflate, as if by magic!

### What you need:

- A clear plastic or glass bottle with a narrow neck (a 500ml water bottle or pop bottle works great)

- 2 Tablespoons dry yeast
- 1 Tablespoon sugar
- 2-3 Tablespoons lukewarm water
- Party balloon
- Bowl or mug full of lukewarm water
- Funnel – if you don't have one you can cut the top off an empty bottle

## What to do:

1. Blow up the balloon and deflate a couple of times then leave to one side- Adults you may need to help with this
2. Measure the yeast, sugar and warm water into a cup
3. Stir the ingredients together and then pour the brown mixture into the bottle using a funnel. TIP: if hard to pour add a little more warm water to the mixture.
4. Stretch the balloon over the top of the bottle
5. Place the bottle in a mug or bowl of warm water
6. Watch the balloon blow up

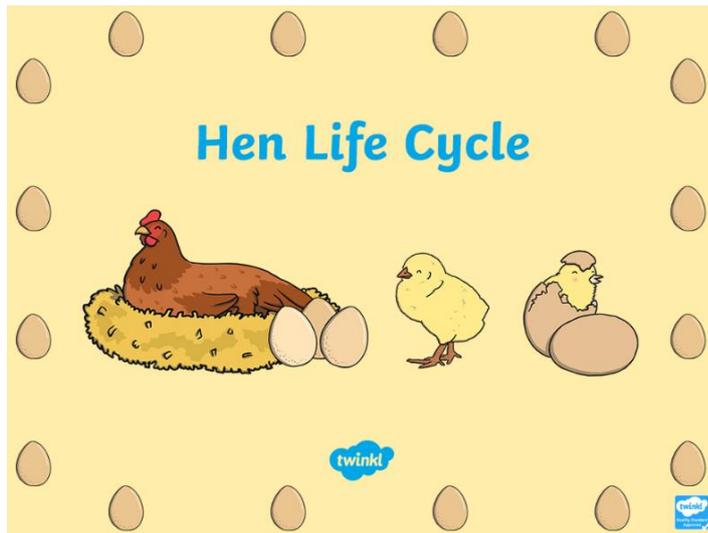
**Adults:** Encourage the children to look at the bottle, what can they see?

The little bubbles are being made because the yeast is 'eating' or reacting with the sugar and making a gas called carbon dioxide. It has to be warm and wet for it to work. The carbon dioxide is getting trapped in the balloon making it get bigger or inflate just like when we use our breath to blow up a balloon.

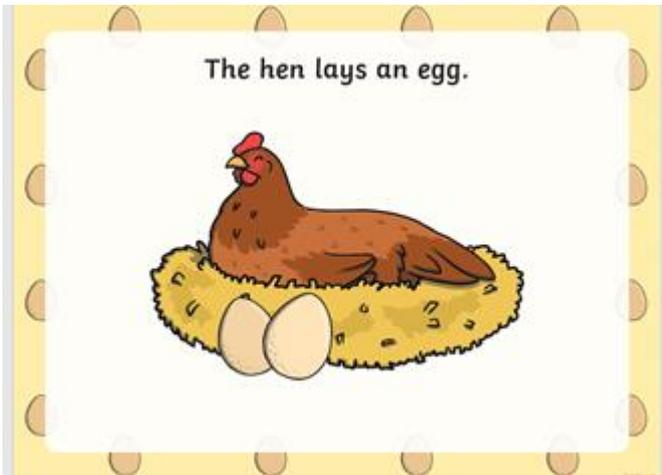


## 3. Life Cycle of a Hen

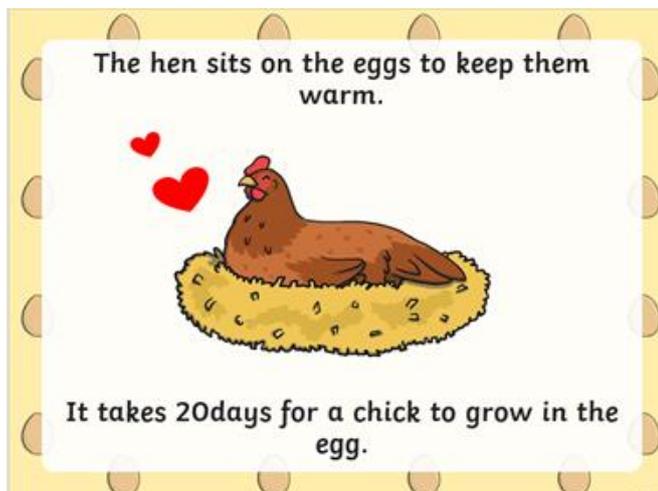
Look at the pictures below, they show you how an egg changes to a hen. Talk about the life cycle of a hen and how they change – from egg to chick!



1.



2.

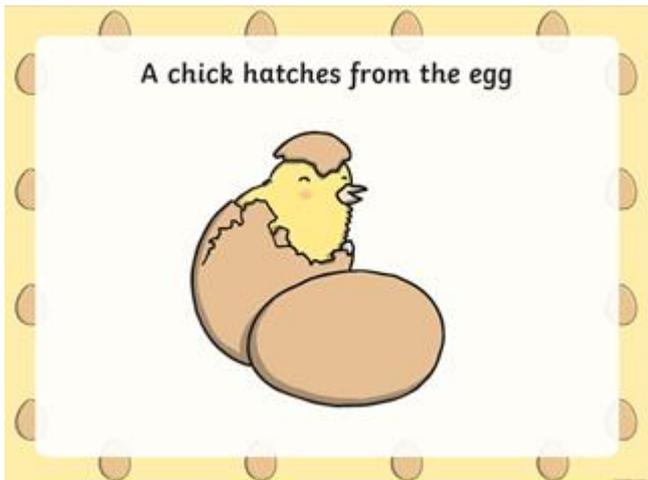


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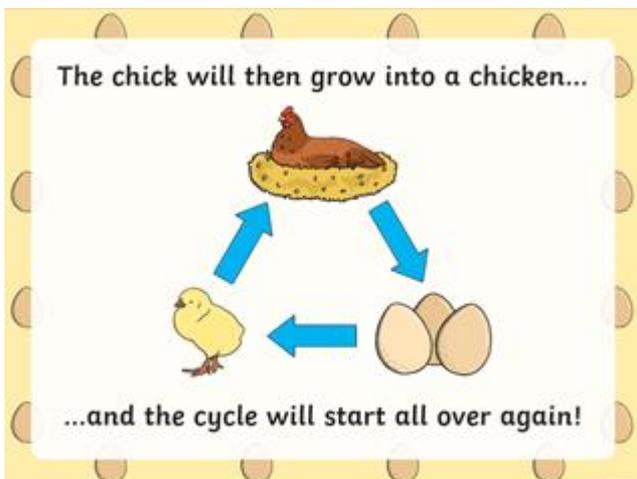
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4.



5.



6.

## Some interesting facts

- Chickens have dreams when they sleep, just like us!
- Chickens have their own 'language' of over 30 chicken sounds.
- Chickens have full colour vision.

Can you use the following template to make a life cycle or make one yourself? The more creative the better! You could draw, use outdoor materials, pasta, wool or whatever you you can find at home.

## Hen Life Cycle

Can you put the pictures in the right order?

The activity features a central circular diagram titled "Life Cycle of a Chicken" with arrows indicating a clockwise cycle: Egg → Hatching → Chick → Adult Chicken → Egg. To the left is a paper plate craft with labels for "egg", "adult chicken", "chick", and "hatching". To the right is a photograph of two cracked eggs on a wooden surface. Below these are four separate illustrations in orange-bordered boxes: a hen sitting on a nest, two eggs, a chick hatching from an egg, and a fluffy yellow chick.