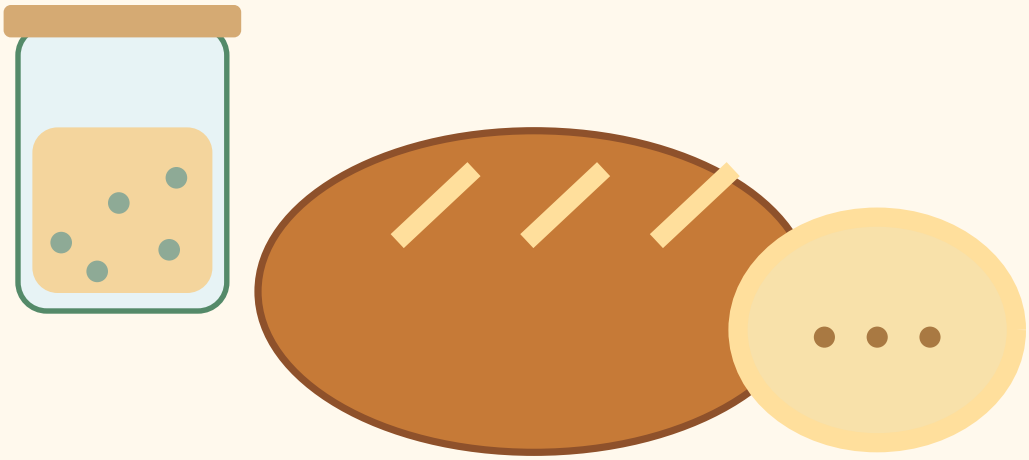
HEART OF HOMESCHOOL

Sourdough Bread Project

From Flour to Loaf | Home Economics + Science + Math



My bread-making adventure

I will plan, prepare, observe, bake, and reflect.

Project start: _____

Project finish: _____

My goal for this project:

_____

_____

_____

Name: _____ Date: _____

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Project Overview

Read through the project before you begin.

Learning goals

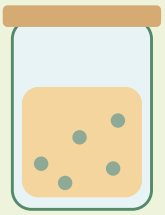
- [ ] Follow a multi-step recipe and practice kitchen safety.
- [ ] Measure ingredients and manage time.
- [ ] Observe how sourdough fermentation changes dough.
- [ ] Calculate costs and evaluate the finished loaf.

Supplies

- [ ] Large mixing bowl
- [ ] Measuring cups / scale
- [ ] Spoon or spatula
- [ ] Parchment paper
- [ ] Dutch oven with lid
- [ ] Clean towel / oven mitts

Ingredients

- [ ] 3 1/2 cups bread flour
- [ ] 1 1/2 cups warm water
- [ ] 1 cup active starter
- [ ] 2 teaspoons salt



Kitchen safety

- [ ] Wash hands and clean work surfaces.
- [ ] Use a mature, active starter and clean utensils.
- [ ] Ask an adult to handle the hot Dutch oven and sharp scoring tool.
- [ ] Keep raw dough away from ready-to-eat food; bake fully.
- [ ] Never mix household cleaners; clean up safely afterward.

Name: _____ Date: _____

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Plan My Bread

Draw or write the main steps in each box.

1. Prepare the starter

2. Mix the dough

3. Stretch, fold & rise

4. Shape, proof & bake

My predicted total time: _____

Name: _____ Date: _____

Step-by-Step Recipe

Use an active starter; timing varies with room temperature.

1 Mix

Combine water and starter. Stir in flour and salt until no dry flour remains.

2 Rest and fold

Rest covered for 30 minutes. Stretch one side of dough upward and fold over; repeat on four sides. Repeat folds 2-3 more times, 30 minutes apart.

3 Bulk fermentation

Cover and leave at room temperature until visibly risen, airy, and jiggly, often 6-10 hours. Do not rely on the clock alone.

4 Shape

Turn onto a lightly floured surface. Shape into a round loaf and place seam-side up in a floured, lined bowl or proofing basket.

5 Final proof

Cover and proof until puffy, often 1-2 hours at room temperature. Refrigeration is an alternative for a longer proof.

6 Bake and cool

With adult help, preheat Dutch oven to 450 F. Transfer dough on parchment, score, cover and bake 20 minutes. Uncover and bake 20-25 minutes more until deeply browned and fully baked. Cool at least 1 hour.

Starter note: A newly created starter may take 1-2 weeks to become reliable.

Hot cookware and blades require adult supervision.

Name: _____ Date: _____

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My Sourdough Scrapbook

Add drawings, observations, clippings, or printed photos.

My starter

Date / notes: _____

Mixing the dough

Date / notes: _____

Rising and changes

Date / notes: _____

My finished bread

Date / notes: _____

Name: _____ Date: _____

Think, Calculate & Reflect

Explore the science and real-life skills behind your loaf.

The science of sourdough

What changes did you notice in your starter?

Why does the dough develop bubbles and rise?

How did the dough smell or feel before and after rising?

The math connection

Flour + starter + salt + other ingredients cost: $ _____

Cost of one homemade loaf: $ _____

Estimated cost of a similar store-bought loaf: $ _____

Difference in cost: $ _____

My reflection

What was your biggest success?

What would you change next time?

Which home economics skill did you practice?

Name: _____ Date: _____

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Safety Disclaimer & Parental Supervision

Sourdough Bread Project

This project is intended for educational purposes only. All activities should be completed with appropriate adult supervision, particularly when using ovens, sharp utensils, hot cookware, and other kitchen equipment.

Parents and guardians are responsible for determining whether activities are appropriate for their child's age, abilities, and experience.

Please follow proper food safety and hygiene practices, including washing hands, cleaning work surfaces, and handling ingredients safely. Be mindful of food allergies and dietary restrictions.

Heart of Homeschool provides these materials as educational resources and does not guarantee specific results. Participation in these activities is voluntary, and parents or guardians are responsible for supervising their children's participation.

Kitchen Safety Reminder

• Never taste raw sourdough starter or raw dough. Raw flour can contain harmful germs.

• Discard starter that shows mold or unusual discoloration. Do not use questionable starter.

• Bread flour contains wheat and gluten; check all ingredients for food allergies or dietary restrictions.

• Hot Dutch ovens, lids, steam, and baking trays can cause serious burns. An adult should handle hot cookware.

Learn safely. Create confidently. Enjoy the process!