



**King Arthur Flour: Life Skills Bread Making
Program
April 2-3, 2012**

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Olathe

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Science and Life Skills Program

Who: K State-Olathe & King Arthur Flour Company

The King Arthur Flour Life skills program is a lesson in helping others in the community while learning life skills, and increasing math and science understanding.

What: Life Skills teaches students in grades 4-5 the skills they need to make bread from scratch, utilizing math, science, technique tips, reading, planning, creativity and more. After students complete the King Arthur Flour demonstration, they will participate in a K-State Olathe lab investigating the science behind the components of wheat flour. After learning the functionality and science of wheat flour, students apply those concepts in making salt play dough.

When: April 2-3, 2012

Times: 9:00 AM—12:00 PM (includes bag lunch to go) or 12:00 PM -2:45 PM (includes afternoon snack to go)

Where: Kansas State University-Olathe, 22201 W. Innovation Drive (College Blvd.)

For more information and registration, visit K-12 Program at olathe.ksu.edu

Registration Deadline: March 1, 2012

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General Information

Grade Level: This program at K-State Olathe is available to any 4th and 5th grade classrooms in Johnson County, KS

How to register a class: Visit K-12 programs at <http://olathe.k-state.edu/academic-initiatives/k-12.html> or directly at <https://docs.google.com/spreadsheets/viewform?formkey=dHZOZk4ZUINQJhaHFRamhuWkhfSkE6MA>

King Arthur Flour Event

April 2-3, 2012

Registration Deadline: March 1, 2012

Morning Rotation		
Start Time	End Time	Activity
9:00 AM	10:00 AM	Life Skills Flour Activity
10:00 AM	10:10 AM	Move to Classrooms
10:10 AM	11:10 AM	Functionality of Wheat Flour/ Play dough
11:15 AM	11:45 AM	Bag Lunch
11:45 AM	12:00 PM	Depart/ Pick up Flour Kit

Rotation 1 Schedule

Afternoon Rotation		
Start Time	End Time	Activity
12:00 PM	1:00 PM	Life Skills Flour Activity
1:00 PM	1:10 PM	Move to Classrooms
1:10 PM	2:10 PM	Functionality of Wheat Flour/ Play dough
2:15 PM	2:30 PM	Snack
2:30 PM	2:45 PM	Depart/ Pick up Flour Kit

Rotation 2 Schedule

Number of workshops available: There are two rotations held per day and available to 150 students and or 6 classes of 25 students per rotation.

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What is the Life Skills Bread Baking Program at K-State Olathe?

Learning never tasted so good!

King Arthur Flour has been teaching people to be better bakers for over 200 years. We know that baking bread is a great way for kids to explore math, science, and cultural traditions, all while having fun!

Skills

Life Skills teaches students in **grades 4-5** the skills they need to make bread from scratch, utilizing math, science, technique tips, reading, planning, creativity and more.

Family

Students bake real bread at home, providing an opportunity for quality family time. Students often teach other family members how to bake, and take pride in their new skills, as well as the delicious results!

Community Service

Students give back to the community and share what they have made by returning one loaf of bread to school to donate to a local organization. Students experience the joy and satisfaction that comes from helping others.

Here's how it works:

In an assembly setting, a King Arthur Flour instructor and two student assistants present a 50-minute demonstration on the bread baking process. Then, each student takes home materials, including our nutritious whole-grain flour, and the know-how to get baking! Students keep one delicious loaf to enjoy, and donate the other to a community organization chosen by your school. After students complete the King Arthur Flour demonstration, they will participate in a K-State Olathe lab investigating the science behind the components of wheat flour. After learning the functionality and science of wheat flour, students apply those concepts in making salt play dough.

Adapted from King Arthur Flour Life Skills Manual

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King Arthur Flour Student Materials

Each student receives:

- 1 King Arthur All-Purpose Flour, 2-lb. bag
- 1 King Arthur 100% Organic White Whole Wheat Flour, 2-lb. bag
- 1 Life Skills recipe booklet
- 1 packet Red Star yeast
- 1 King Arthur Flour dough scraper
- 1 clear plastic bread donation bag
- 1 twist tie



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Donating the Bread

Start early to find a place for all that bread!

Allow plenty of time to contact local organizations to receive your bread donations. Often it can take longer than you think. Some location ideas to try are:

- Senior Centers
- Food Pantries
- Homeless Shelters
- Soup Kitchens
- Community Dinners
- Churches

Determine where and when you want your students to bring their bread. Have your camera ready; students are proud of their bread!

Other Donation Ideas

- Have an in-school bake sale. Donate the proceeds to a local organization.
- Give bread to a neighbor, relative, or special friend. Make a display of “donation cards” indicating who received a loaf of bread as a gift.
- Partner with another organization, such as Harvesters
- If your school is large, hundreds of loaves of bread can be overwhelming! Stagger the bread donations, perhaps a grade level or a class at a time, and give smaller amounts throughout the school year.
- Freeze the bread, and make a big donation, or several small ones.

**K-State Olathe would love to hear about your donations,
so please share your story and photos with us!**

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Permission Slip

The Permission Slip form is required for any student participating in the King Arthur Flour event hosted by Kansas State University –Olathe. This form must be turned in prior to the event before a student is able to participate. All forms are due on or before the selected date and time for your class.

Visit K-12 Education Forms at <http://olathe.k-state.edu/academic-initiatives/K-12%20Education%20Forms.html> to access Consent/Waiver form or go to page 8 of this document.

King Arthur Flour Science and Life Skills Program

April _____, 2012

Consent Form

Name of Participant _____

Birthdate _____ Age _____ Gender _____

Ethnicity/Race _____

Grade this fall _____ School Attending _____

Address _____

City _____ State _____ Zip _____

Name of Parent or Guardian _____

Address (if different from above) _____

Home Phone _____ Work Phone _____

Relationship to Child _____

In case of emergency, contact _____

Home Phone _____ Work phone _____

****Note: Students should wear proper attire for campus and lab tours**

Please read and initial each of the following statements, and sign below:

_____ I understand that K-State assumes no liability for injury or damages arising from the result of participation unless due to willful fault or gross negligence on the part of K-State.

_____ I give my permission to allow K-State to use photographs taken of my child during the event in promotional materials.

_____ I give my permission to allow K-State to share my child's contact information with other programs on the K-State campus that offer a variety of opportunities for students.

Signature of Parent or Guardian

Date

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K-State Olathe Contact Information

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