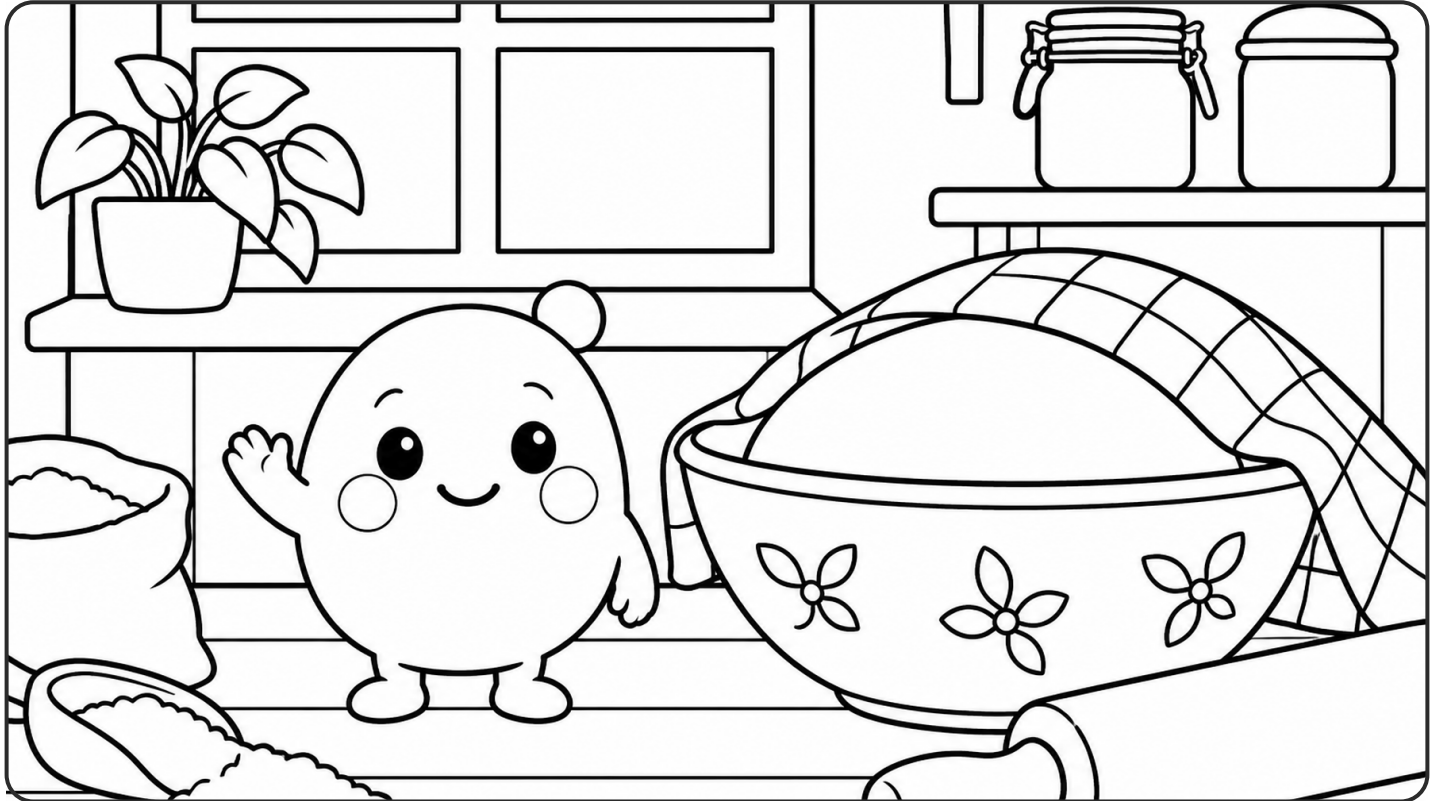


How does bread dough get bigger?



You make a small ball of bread dough and leave it in a bowl. An hour later, it is twice as big! How does bread dough get bigger?



Why?

1. Yeast is alive!

It looks like a brown powder. But every little grain is a crowd of tiny living things, fast asleep. When they get some warm water, they wake up, and they are hungry!

2. Yeast eat sugar and let out gas.

Flour is full of starch, and some of that starch turns into sugar. The yeast eat it, and let out a gas called carbon dioxide. It is a little bit like burping.

3. A stretchy net traps the gas in bubbles.

When you knead the dough, the flour and water turn stretchy, like a net made of rubber bands. This is called gluten. It traps the gas in thousands of tiny bubbles. As the bubbles grow, the whole dough puffs up.

Try it! The balloon bottle

You need: a bottle, a balloon, warm water, a spoon of sugar, a spoon of yeast, and a grown-up to help

1. Ask a grown-up to help. Put some warm water, a spoon of sugar and a spoon of yeast in a bottle.
2. Stretch a balloon over the top, and wait.
3. In about half an hour, does the balloon start to fill up, all by itself?

What happened? The yeast wake up, eat the sugar and let out gas. The gas fills the balloon, just like the bubbles in dough.

Video + more questions:
whywhywhykids.com/dough



scan with a grown-up