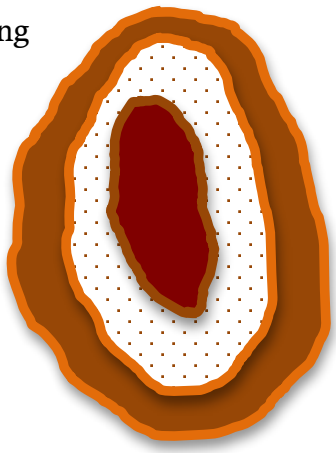
I like it!

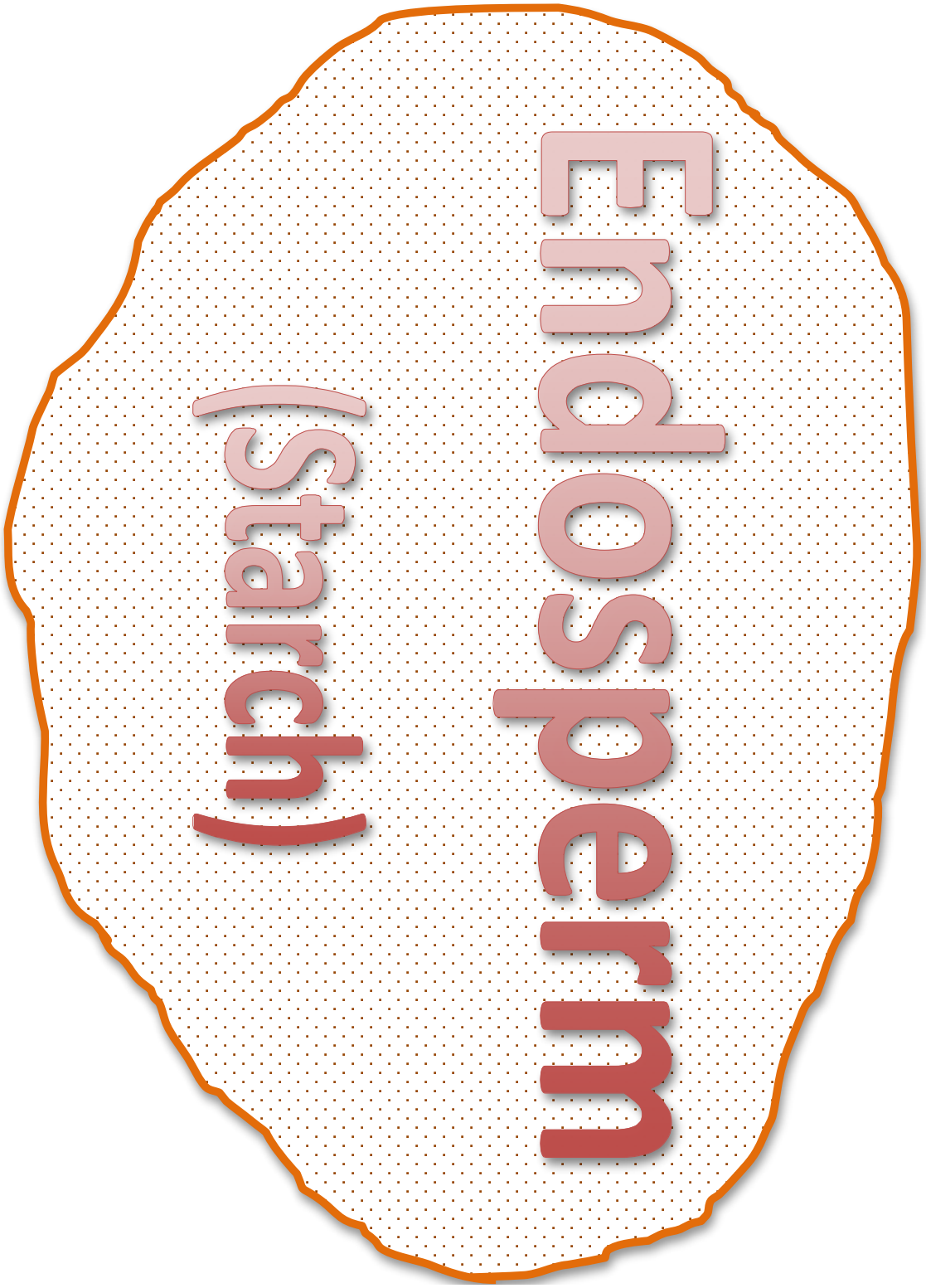
I don't like it – or
have never tried it.

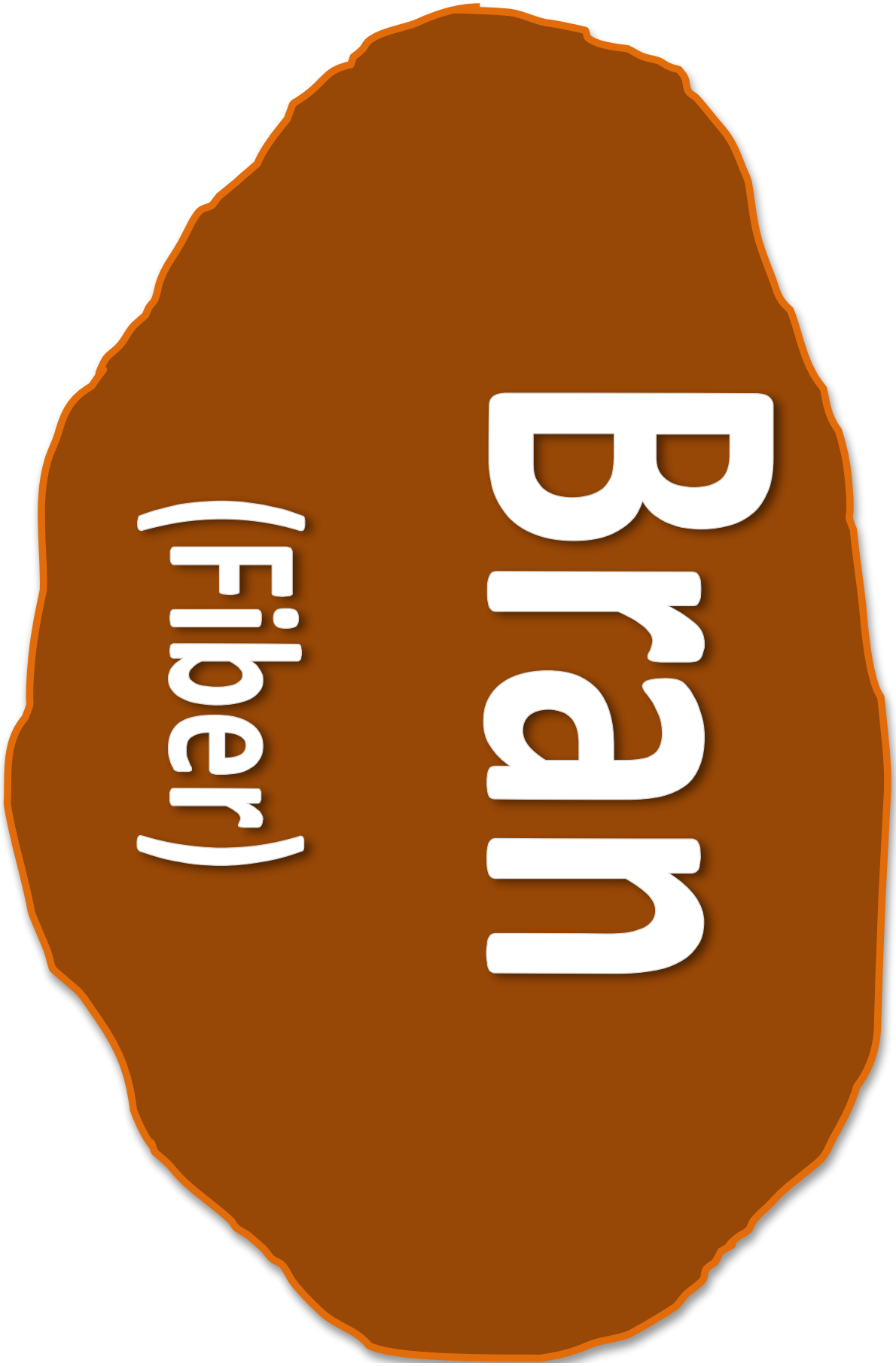
Use the shapes on all three pages of Visual Aid 4-V-2 to demonstrate how refining grains removes bran and germ leaving only the middle section of the grain.



Print 1 of each page of 4-V-2; cut the shapes apart, laminate them, and consider adding Velcro™ so you can easily put the parts together and take them apart again. Enlarge if desired.

When you assemble all three parts, they should look like this diagram, with the bran on the outside, covering the others like a shell. Or sandwich the germ and endosperm between two copies of the bran.


Endosperm
(Starch)


Bran
(Fiber)

Bread-in-a-Bag Assembly Line Labels

Print from Appendix, cut on solid lines, fold on dotted lines to create labels for recipe ingredients.
Line signs up in order of use to make it easier for children to assemble their Bread-in-a-Bag. Enlarge if desired.

Bread-in-a-Bag Assembly Line Label	Bread-in-a-Bag Assembly Line Label
All Purpose Flour **1 Cup**	**Whole Wheat Flour** **About 2 Cups** **Enough to make a stiff dough**
Bread-in-a-Bag Assembly Line Label	Bread-in-a-Bag Assembly Line Label
Rapid Rise Yeast **1 Package**	**Sugar** **2 Tablespoons**
Bread-in-a-Bag Assembly Line Label	Bread-in-a-Bag Assembly Line Label
Nonfat Dry Milk **3 Tablespoons**	**Salt** **1 teaspoon**
Bread-in-a-Bag Assembly Line Label	Bread-in-a-Bag Assembly Line Label
Very Warm Water **(125-130F)** **1 Cup**	**Vegetable Oil** **1 Tablespoon**