

WHAT YOU NEED

Food:

- 1 packet fast action yeast
- 3 teaspoons sugar
- lukewarm water

Equipment:

- 2 small bottles
- teaspoon
- measuring jugs
- 2 balloons

What makes bread rise?

WHAT TO DO

- 1 Label the bottles A & B and add then add the following to each bottle:
FOR BOTTLE A - add 2 teaspoons of yeast and 100ml lukewarm water.
FOR BOTTLE B - add 2 teaspoons yeast. 3 teaspoons of sugar and 100ml lukewarm water.
- 3 Give the bottles a good swirl and then put a balloon over each one. Then leave for 1 hour.
- 4 After an hour, something should have happened to the balloons!!

WHAT IS HAPPENING

To make bread rise, we need to add yeast. Yeast is a living thing and like us and needs food, water, warmth and time to grow and produce carbon dioxide. It is the carbon dioxide that helps make the bread rise.

