

The Bread Makers: Millers & Bakers



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Who remembers what it was like for a typical colonial farmer to go to town? When did they go? Don't forget that farmers brought items from his farm to trade or sell in exchange for the goods sold at the shops in town. Do you remember what it is called when goods are traded or exchanged for other goods instead of paying for them with money? People barter today, but not as frequently.

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Let's name some of the items farmers might have brought with them on a trip to town. What kinds of tradespeople might a farmer visit on a trip to town?



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Today's read aloud is about people who made bread. What kinds of breads do you like to eat? Today we buy our bread at a store and it might come sliced. There are many kinds of breads! Does anyone know any of the ingredients or things you need to make bread? The main ingredient in bread is flour. Does anyone know where flour comes from? Flour can come from wheat, corn or other grains. Grains grow like grass.

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Today you will learn about two tradespeople, the miller and the baker, who helped with different steps in the process of making bread. Listen to find out more about today's topic: how bread was made in colonial times.



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All over the world, for thousands of years, bread has been an important part of many people's diets. In almost every culture, people make bread or foods like bread: in Mexico they eat tortillas; in India they eat chapati; in Israel they eat matzo; and in America we may eat any of the above--plus bagels, muffins, biscuits, and sliced bread.



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What's your favorite type of bread?

In colonial times most breads were made from wheat or corn. Where did the wheat and corn come from? Right: the farmer! But it was a long process from the farmer's field to the baker's shop. Today we're going to learn about what--and who--was involved with making bread.



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Who do you predict we'll read about that helps make bread?



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First, the farmer planted his crops of wheat and corn. Then he harvested them, or picked them when they were fully grown. Next, the farmer had to separate out the seeds, or grains, from the plant. Then the seeds had to ground into flour.



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A long time ago, people used to grind their own wheat grains or corn kernels with big stones called grindstones.



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*Early grindstones, used by native people all over the world, were like the ones in this picture:
One stone was larger and either flat or bowl-shaped, and the other stone was usually small enough to be held in the hand.*



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The person grinding would spread some grains on the larger stone and grind them with the smaller stone.

Imagine grinding two stones together all day long, just to get enough flour to make one loaf of bread.



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It was hard work! Eventually people found a quicker way to do the job. Introducing: the mill!



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Mills existed in Europe long before people settled in America. A mill is a building with machinery that grinds grain into flour. A mill did the same thing as a person with a grindstone: it crushed the grains of wheat between two stones.



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The stones in a mill were called millstones, and they were very, very large--far too large for a person to lift. Instead of a person grinding the stones together, a giant machine grinds the heavy millstones in a mill together. The bigger the millstones, the more grain the mill could crush into flour.



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Water mills were the most common type of mill in early America. They were built right on the rivers. The fast-flowing water made the big wheel turn around. The wheel was connected to the gears that made the millstones inside the building turn. The heavy weight of the stones pressed hard to grind the grains.



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The tradesperson in charge of the mill was called a miller. The miller would charge farmers money (or some of their grains) to grind their wheat or corn into flour. The miller would grind the grain into flour, then collect the flour into bags. A miller with a watermill could grind and bag more flour in one day than a farmer with a grindstone could grind in weeks.



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Which tradesperson makes flour?

Once the flour was ground, the miller sold some of it to the baker. The baker made bread, muffins, and cakes out of the flour he got from the miller.



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To make dough, the baker mixed a lot of flour with a little bit of water and a little bit of salt. He also added a special ingredient called yeast. The yeast made the bread puff up and rise when it was baked. Next, the baker kneaded the dough or mixed it together with his hands.



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Kneading dough is like pressing and stretching the dough together lots of different ways to make sure that the ingredients are all evenly mixed and the dough has the right consistency or thickness, firmness, or stickiness, or texture. Certain kinds of bread had to be kneaded for a long time before the dough was ready to bake.



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Have you ever kneaded dough or play dough with your hands?

Next, the baker shaped the dough, either by patting it with his hands or rolling it with a rolling pin. Then it was time to put the bread into the oven. In the old days, ovens were brick or stone structures with a fire inside.



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When the bread was just the right shade of brown, the baker took it out of the oven and let it cool for awhile. Mmmmm, can't you just smell that wonderful aroma? Aroma is smell. That's freshly-baked, warm bread, ready to eat!



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Bread is still made today in more or less the same way it was made in early America three hundred years ago. Has anyone ever made bread at home? What do you do first?

The first step is making the dough.



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Bakers have to get up extra early--sometimes at two or three o'clock in the morning--to start making dough and start baking bread for their first customers. Customers give the baker money to buy what s/he has made. Even today, in many parts of the world, hungry customers stand outside the bakery door first thing in the morning to buy their bread and other breakfast treats. There is nothing better than fresh-baked goodies to start your day.



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Comprehension Questions:

Literal

PLEASE answer in
COMPLETE sentences.

What is the main topic of the read-aloud?

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Comprehension Questions:

Literal

PLEASE answer in
COMPLETE sentences.

From which plants is flour made?

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Comprehension Questions:

Literal

PLEASE answer in
COMPLETE sentences.

How does a miller make flour?

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Comprehension Questions:

Inferential

PLEASE answer in
COMPLETE sentences.

What is a mill? How does a water mill work?

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Comprehension Questions:

Literal

PLEASE answer in
COMPLETE sentences.

What ingredients are in dough?

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Comprehension Questions:

Inferential

PLEASE answer in
COMPLETE sentences.

Explain how a baker makes bread. What is the word used for mixing the dough by hand?

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Comprehension Questions:

Literal

PLEASE answer in
COMPLETE sentences.

Why is yeast important?

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Comprehension Questions:

Literal

PLEASE answer in
COMPLETE sentences.

Besides a loaf of bread, what other foods are made with flour?

Think Pair. Share.



I'm going to ask you a question. I will give you a minute to think about the question, and then I will ask you to turn to your neighbor and discuss the question. Finally I will call on several of you to share what you discussed with your partner.

Think Pair. Share



Evaluative:

Farmers grow wheat, millers grind wheat into flour, and bakers use the flour to bake bread. Think back to the story we heard in the Farms domain, "The Little Red Hen." How did the Little Red Hen make bread? With your partner, think of two ways "The Little Red Hen" was like the tradespeople in today's read aloud and two ways she was different.

Word Work

Explicit Vocabulary Instruction

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*In the read aloud you heard, "Bakers have to get up extra early--sometimes at two or three o'clock in the morning--to start making dough and start baking bread for their first **customers**."*

*Say the word **customers** with me.
Whisper customers to the ceiling.
Whisper customers to your neighbor.
Let's clap it out.*

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Customers are people who come to a shop or store to buy goods or pay for services.

The people in a grocery store who are choosing foods to buy are customers.

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Tell me an example of a place where you would find customers. Use the word customers when you tell about it.

“There are customers in a _____.”

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*What's the word we have been talking
about?*

Let's clap it out.

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I am going to describe some people. If the people I describe are customers, give me a thumbs up. If they are not customers, put your thumb down.

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The people who sew the dresses

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The people who buy the dresses

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*The people who pay for their wheat to
be ground at the mill*

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The people who run the mill

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The people who make the hats

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The people who order new hats

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