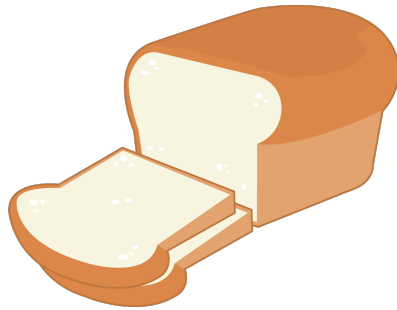


# Fun with Science



## Rising Bread



### Things you will need:

- 500g strong white flour
- 7g sachet of fast-action yeast
- 3tbsp olive oil
- 300ml water

### Instructions:

Mix the flour and yeast in a bowl. Make a well in the centre and add the oil and water and mix into a dough. Knead for around 10 minutes. The dough then needs to be left for 1 hour to rise. This is where the science bit comes in. Separate the dough into 4 pieces. Put one piece in a warm place, one in a cold place, one in the light and one in the dark. Then wait to see which one rises the best.

### The science behind it:

Yeast is what makes the dough rise. Yeast is a living organism that converts sugar and starch into carbon dioxide and ethanol. The carbon dioxide is a gas and this makes the dough rise. Yeast is best able to work in a warm and moist environment.