

Kitty's Flatbread Making Class

Lesson time: Around 45 minutes

Dough per child: 120-150g

This is a really simple, hands-on bread class.

First, each child mixes their own **Kitty's Bread Kit** to take home. Then, because dough needs time to rise, you bring out some “**here's one we made earlier**” dough for everyone to roll and cook into a flatbread.

Before the Class

Make the Flatbread Dough

Make this dough before the children arrive.

Allow **120-150g of dough per child**.

For 10 children

- 850g strong white bread flour
- 520ml water
- 17g salt
- 10g dried yeast
- 30ml olive oil

How to Make It

Put the **flour, salt and yeast** into a large bowl.

Add the **water and olive oil**. Mix everything together with a wooden spoon. When it starts to come together, use your hands to bring it into a ball of dough. The dough should feel **soft and easy to handle**. A little stickiness is fine. Cover the bowl and leave somewhere warm for around **1–2 hours**, until the dough looks bigger and puffy.

Divide into **120-150g balls**.

Put the dough balls onto a tray and cover them so they don't dry out. They're now ready for the class.

What You'll Need

For each child

- 1 Kitty's Bread Kit
- Mixing bowl
- Wooden spoon
- 360ml water for their Kitty's Kit
- Container for their take-home dough
- 1 x 150g pre-made dough ball
- Rolling pin

For the class

- A little flour for rolling
 - Frying pans or a flat griddle
 - Spatula
 - Oven gloves
 - Optional butter, olive oil or herbs
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The Class

1. Hello & Bread Chat – 5 minutes

Explain what you're going to do:

“First, you’re going to mix your own bread dough to take home. Bread dough needs time to rise, so then we’ll use some dough I made earlier to make our flatbreads.”

Ask:

Has anyone made bread before?

What do you think goes into bread?

2. Mix Your Kitty's Bread Kit – 15 minutes

Give each child a **Kitty's Bread Kit**, bowl and wooden spoon.

Tip

Tip the whole Kitty's Kit into the bowl.

Add

Add **360ml water**.

Mix

Mix everything together with the wooden spoon. When it starts to come together, get your hands in. Squish, squeeze and mix until there are **no dry bits of flour left**. It doesn't need to look perfect. **Sticky fingers are absolutely fine!**

Pack It Up

Put each child's dough into a container. Write their **name** on it.

Explain that this is **their dough to take home, let rise and bake**. Put it safely to one side.

3. Here's One We Made Earlier! – 5 minutes

Bring out the dough you prepared before the class.

Explain:

"Your dough needs time to rise, and we don't want to sit here waiting for it, so here's some I made earlier!"

Show everyone the difference.

The risen dough should be **bigger, softer and puffier**.

Explain simply:

“The yeast has made lots of little bubbles inside the dough. That’s what helps our bread rise.”

Give each child **one 150g dough ball**.

4. Roll Your Flatbread – 10 minutes

Sprinkle a **little flour** onto the table. Put the dough ball on top. Press it down gently with your hand. Give each child a rolling pin.

Roll

Roll the dough forwards and backwards. Turn it around. Roll again. Keep going until you have a **thin flatbread**. It can be round, oval, wonky or any shape it wants to be.

It really doesn’t need to be perfect. If it starts sticking, add just a little more flour.

5. Cook Your Flatbread – 5 minutes

This part should be done or closely supervised by an adult.

Heat a dry frying pan or griddle over a **medium-high heat**. You don’t need to add oil. Carefully place the flatbread into the hot pan. Cook for around **2-3 minutes**. You should start to see bubbles appearing on the surface. Turn it over with a spatula. Cook for another **2-3 minutes**. It’s ready when it has **puffed up in places and has lovely golden-brown spots**. Remove from the pan and leave to cool slightly.

6. Eat!

That’s it.

You’ve made a flatbread! Eat it warm on its own, or brush it with a little **butter or olive oil**. Each child leaves with: **Their freshly cooked flatbread + Their Kitty’s Bread Kit dough to rise and bake at home.**