Name: _____ Date: _____

The Slow Rise: Bread Dough in a Cold Fridge

Circle group

Yeast makes bread dough rise. Yeast is a tiny living thing. When it gets wet, it eats the sugar in the flour. As it eats, it makes a gas called carbon dioxide. The gas fills the dough with bubbles. The dough puffs up.

Yeast works fastest when it is warm. On a warm counter, dough can double in about an hour. In a cold refrigerator, yeast works slowly. The dough may take a whole night to rise.

Some bakers pick the slow way on purpose. In the cold, the dough builds new flavors. It tastes rich and a little tangy. The baker can also bake at any hour.

Cold does not hurt yeast. It only slows it down. When the dough warms up, the yeast wakes up and gets busy.

Questions

1. What makes bread dough rise?

_____

_____

2. What gas does yeast make?

_____

_____

3. When does yeast work fastest?

_____

_____

4. How long might dough take to rise in a refrigerator?

_____

_____

5. Why do some bakers pick a slow, cold rise?

_____

_____

6. What happens to yeast when cold dough warms up?

_____

_____

Words to know

yeast: a tiny living thing that makes dough rise
gas: something like air that is not a solid or a liquid
refrigerator: a cold kitchen box that keeps food fresh
tangy: having a sharp, slightly sour taste

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

The Slow Rise: Bread Dough in a Cold Fridge

Triangle group

A loaf of bread puffs up thanks to yeast. Yeast is a living thing so small that you could never spot a single one. Once it is mixed with water and flour, it munches on the flour's sugar and breathes out carbon dioxide. This gas gets trapped in the sticky dough. Millions of bubbles form, and the lump grows bigger.

Warmth speeds yeast up. Set a bowl of dough on a sunny counter, and it may double in size within an hour. Cold does the opposite. Put the bowl in the refrigerator, and the yeast crawls along. The dough could take all night to finish rising.

Some bakers pick the slow way on purpose. While the dough rests in the cold, it builds up new flavors. Bakers say the bread tastes richer and a bit tangy. A slow rise also lets the baker bake at any hour, because the dough is ready whenever the baker wants it.

Yeast is not harmed by the cold. It only slows down. When the dough comes out and warms up, the yeast wakes up and gets busy again.

Questions

1. What makes bread dough rise?

_____

_____

2. What gas does yeast make?

_____

_____

3. How does warmth change the way yeast works?

_____

_____

4. How long might dough take to rise in a refrigerator?

_____

_____

5. Why do some bakers choose a slow, cold rise?

_____

_____

6. What happens to yeast when cold dough warms up again?

_____

_____

Words to know

yeast: a tiny living thing that makes dough rise
gas: something like air that is not a solid or a liquid
refrigerator: a cold kitchen box that keeps food fresh
tangy: having a sharp, slightly sour taste

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

The Slow Rise: Bread Dough in a Cold Fridge

Square group

Bread dough rises because of yeast, a microscopic living organism that is far too small to see one at a time. Once yeast becomes wet and finds the natural sugar in flour, it begins to feed, and as it feeds it releases a gas called carbon dioxide. The gas fills the dough with countless bubbles, and the whole lump puffs up.

Yeast is most active in warm surroundings. On a warm kitchen counter, a lump of dough may double in size in about an hour. Cold has the opposite effect: inside a refrigerator, yeast works extremely slowly, and the dough might need an entire night to rise.

Some bakers deliberately choose the slow method. While the dough rests in the cold, other changes take place inside it, and it gradually develops new flavors that bakers describe as richer and slightly tangy. A slow rise also gives the baker freedom to bake at any hour, since the dough will be ready whenever it is wanted.

The cold does not harm the yeast; it merely slows it down. As soon as the dough comes out and warms up, the yeast wakes and becomes busy once more.

Questions

1. What causes bread dough to rise?

_____

_____

2. What gas does yeast release as it feeds?

_____

_____

3. How does warmth affect the way yeast works?

_____

_____

4. How long might dough need to rise inside a refrigerator?

_____

_____

5. Why do some bakers deliberately choose a slow, cold rise?

_____

_____

6. What does yeast do once cold dough warms up again?

_____

_____

Words to know

yeast: a tiny living thing that makes dough rise
gas: something like air that is not a solid or a liquid
refrigerator: a cold kitchen box that keeps food fresh
tangy: having a sharp, slightly sour taste

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

For the teacher: The Slow Rise: Bread Dough in a Cold Fridge

Each student sheet carries a shape, not a level. The same topic and facts, written three ways.

Circle: The Slow Rise: Bread Dough in a Cold Fridge

Easier · 130 words · Flesch-Kincaid grade 1.6

1. Yeast eats sugar and makes a gas that fills the dough with bubbles.
2. Carbon dioxide.
3. When it is warm.
4. A whole night.
5. The dough gets richer, tangy flavors, and the baker can bake at any hour.
6. The yeast wakes up and gets busy.

Triangle: The Slow Rise: Bread Dough in a Cold Fridge

This passage · 184 words · Flesch-Kincaid grade 3.3

1. Yeast eating sugar and making a gas that fills the dough with bubbles.
2. Carbon dioxide.
3. Yeast works fastest when it is warm.
4. A whole night.
5. The dough builds richer, tangier flavors, and the baker can bake at any hour.
6. The yeast wakes up and gets busy again.

Square: The Slow Rise: Bread Dough in a Cold Fridge

Harder · 194 words · Flesch-Kincaid grade 7.7

1. Yeast feeds on sugar and releases a gas that fills the dough with bubbles.
2. Carbon dioxide.
3. Yeast is most active in warm surroundings.
4. An entire night.
5. The dough develops richer, tangier flavors, and the baker may bake at any hour.
6. It wakes and becomes busy once more.