

## The way of the bread

What	How	Why
<ul style="list-style-type: none"> <li>• Learning about different types of ritual breads.</li> <li>• In a practical way, children learn how to prepare bread with the help of their parents and teachers.</li> <li>• To raise the awareness of young children about the origin of bread and how it reaches us.</li> <li>• The children consolidate their knowledge of the Way/Process of Bread: growing wheat, flour production, kneading bread.</li> <li>• Children are able to name personal, official and national holidays, local customs and traditions.</li> </ul>	<ul style="list-style-type: none"> <li>• By using different school subjects` contents. Cross-curricular teaching for this project involves topics from Science, Man and Nature, Bulgarian, Art, Music and Bulgarian traditions and culture.               <ul style="list-style-type: none"> <li>• Use of healing ecological Bulgarian products, provided by the parents for practical work.</li> <li>• Using video presentations and photos of the stages of bread production from our past and present.</li> </ul> </li> <li>• By involvement in activities based on community work and work with parents.</li> </ul>	<ul style="list-style-type: none"> <li>• Supporting children realize how important bread is for people's lives.               <ul style="list-style-type: none"> <li>• Developing respect for Bulgarian traditions, holidays and customs in young children.</li> <li>• Encouraging students to think about preserving the nature pure.</li> <li>• Building ideas for the Bulgarian holidays and recreating the folklore traditions and customs related to their celebration through play and practical way.</li> </ul> </li> </ul>

# 1. Project description

A. Learners` profile: the topic of the project, practical activities are suitable for all students.  
The project was developed with our pre-school classes /5-6 years old/

B. Type of activity: talk and discussion, presentations, learning by doing, observation;

C. Class organization: group work

D. „Traditional Christmas bread“

- 4 classroom lessons at school with children aged 5-6 years old children, /35 min. each/
- The project starts in November and December. The children learn what types of ritual breads are prepared for Christmas.

- The children research in their families how Christmas food is prepared, what ritual breads their mothers and grandmothers prepare, what they contain and what ingredients they put in the Christmas bread. At school, children talk about what they remember from their families.

- The teacher shares photos of Christmas bread and the products needed to make it.

- Through discussion and conversation, the teacher explains how to prepare Christmas food, Christmas bread and the traditions associated with it.

- The teacher prepares a practical lesson with the children's mothers.

- The parents and the teacher show how the dough is prepared and the children make small Christmas breads themselves, which baked in the school canteen.

- Students also listen and sing traditional Christmas songs related to bread.

E. "Ritual breads in spring"

- 4 classroom lessons at school with children age 5-6 years old children, /35 min. each/

- The children research what ritual spring breads their parents know and whether they still make them at home. The children talk and discuss at school.

- The teacher presents and explains to the young children a presentation of “Welcome bread”, the spring ritual breads for Easter and for the holiday “ Todoritsa“ or “Horse Easter”.
- In Art lessons children draw different types of bread and its decorations.
- With plasticine they model the types of spring ritual breads and decorations.
- The classteacher prepares a practical lesson with the children's mothers.
- The teacher and the children's mothers show how to prepare spring ritual breads and knead the dough together with the children. Each child kneads his own spring bread and decorates it.
- The bread was baked in the school canteen.

One teaching lesson was presented at the transnational meeting at our school in March.

- Topic: "Ritual breads in the spring" Main goals: Building ideas for the Bulgarian holidays and recreating the folklore traditions and customs related to their celebration through play and practical way. Children should follow the way of the bread.

- Expected results:
  - Children to be able to name personal, official and national holidays, local customs and traditions.
  - Children to learn about the different types of ritual breads.
  - Children to enrich the knowledge about bread - growing wheat, flour production, kneading bread.

Methodological guidelines:

- The situation begins with a spring song about the cuckoo and appropriate rhythmic movements / the children stand against each other in the chorus knocking to the rhythm with the rolling pins. After the song they sit down. It is explained that the sticks they played with today will help them. It is recalled that they are rolling pins and are used in rolling out dough.

- The topic is set: "Kneading of ritual breads". The breads that are kneaded for special occasions are associated with our holidays and customs. The song is about spring and the children will prepare spring ritual breads.

- The teacher reminds the children with pictures about the path of bread, which begins with plowing the soil, sowing seeds, ripening wheat, harvesting and obtaining flour. Children learn the words plowing, sowing, harvesting, mill, flour, bread. The teacher also reminds that for one of the best holidays - Christmas, the children made their own bread, which they decorated themselves. Each ritual spring bread should be decorated according to the occasion; with cross, grapes, sun, braids, wheat, animals, flowers, leaves, etc. The breads are prepared with lots of love and good wishes. The children sing songs.

- The teacher presents some of the mothers and what they brought to the children.

- One of the mothers explains about mixing the products and kneading the dough. Flour is spread on the desks in front of the children. Everyone can draw with a finger a letter, number 8 / because it is International Women's Day /, a face, etc. The figurines may be placed and the flour may be sprinkled on them. Children are reminded not to waste because it is very valuable.

- After the mother's explanation, the children are given dough with which the teacher offers them to make bread for mum.

- Finally, all the cakes are placed in a baking tray in the school canteen.

- The small cakes are packed as a gift for the mothers.

F. Student excursion to the house-museum of bread (1 day).

The children visited the bakery-museum in the town of Koprivshtitsa through an organized excursion to get more interesting information about bread in different parts of Bulgaria and to see a bakery for bread.

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