

## Baking salty



### Goals:

- Promote cooperation and teamwork.
- Give participants an opportunity to learn about baking savory bread or similar pastries.
- Create delicious homemade bread to enjoy.

### Description:

#### Step 1: Planning and preparation

- Decide which participants will be involved, and make sure everyone is informed of the time and place.
- Choose the salty pastry you will bake, such as bread, pretzels or focaccia.
- Get the necessary ingredients and utensils, including flour, yeast, water, salt, oil, and any optional additives such as herbs or cheese.
- Prepare work surfaces and make sure the oven is preheated.

#### Step 2: Bake the bread / salty pastry

- Follow the recipe carefully and let participants be active in measuring, mixing and kneading the dough.
- Divide tasks so that everyone has a role in the baking process, such as kneading the dough, shaping the bread or brushing with oil.
- Let the dough rest and rise according to the recipe.

#### Step 3: Shaping and baking

- Once the dough is ready, give participants the opportunity to shape it as they wish. This could be a bread loaf, a pretzel shape or a focaccia.
- Bake the pastry according to the recipe until it is golden brown and cooked through.

#### Step 4: Enjoy the result

- Once the pastry is ready and has cooled slightly, invite everyone to taste it.
- Gather participants around a table and enjoy the homemade savory pastry together.
- Encourage discussions about taste, texture, and creative choices during the meal.

**Equipment:**

- Recipes and ingredients for the chosen salty pastry.
- Cooking utensils such as bowl, whisk, spoon, knife, baking paper, etc.
- Oven to bake the pastry.
- Any additives such as herbs, cheese or seeds.
- Work surfaces and protective aprons.
- Serving dishes or plates to display the finished pastry.

The activity can be adapted to the group and their preferences. Baking bread or similar pastries is a fun and educational activity that promotes cooperation and gives participants a chance to enjoy delicious homemade results.



**Time:**

Time is depending on the selected bread / salty pastry, the activity will take at least one hour



**Alone or in a Group:**

This activity is a group activity

Source: The activity is created with inspiration from models and ideas from national material banks: ([Äldreinstitutets material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGTP's proposal