

UNLEAVENED BREAD STATION

Advance Preparation

- Prepare 4 student stations as follows:
 - Place settings for 12 students with the following:
 - 1 pieces of parchment paper
 - 1 bowl
 - 1 fork
 - 1 cup with ¼ cup of water
 - 1 bag of dry ingredients
 - 1 cup of Olive Oil
 - 2 copies food directions
 - 12 additional sheets of parchment paper
 - 2 – 4 Sharpies
 - 1 Large cup of “extra” water (to use as needed)
 - 1 extra bag of dry ingredients (to use for kneading)
 - 1 – 2 bottles of hand sanitizer
 - 1 roll of paper towels
- Prepare a sample dough to use during lesson.
- Prepare sheet pans (enough to accommodate ~48 loaves)

Lesson Process

- Objectives:
1. Students will understand that Jesus is truly present in the Eucharist.
 2. Students will understand that Jesus’ presence in the Eucharist is food for our souls.
 3. Students will understand how to properly prepare to receive Jesus in Holy Communion.

Step 1 Warmly welcome the students and briefly explain the objectives of the station.

Step 2 Show children the bread dough and explain that they will make dough into bread.

Ask them ***Why are we baking bread today?*** (Accept reasonable answers)

Remind them that in the Eucharist, ***Jesus is the bread of life*** and when we receive the Eucharist, we are not receiving bread, but Jesus himself.

Like when the dough becomes bread when we bake it, ***when the priest says, “This is My Body” and “This is My Blood” over the bread and wine, it is no longer bread and wine but Jesus himself.***

It may look like bread and wine and taste like bread and wine, but it is truly Jesus.

It is a miracle that God performs right before our eyes, and ***we must have faith and believe even though our eyes can’t see it.***

Step 3 Ask the students ***What we would need to do to make bread?*** (Accept reasonable answers)

Remind them that anytime we do something special, like make bread or go somewhere or when someone special comes to visit, we need to prepare in advance.

In a similar way, we need to *prepare our bodies to receive Jesus*.

What are the *four things* we need in order to go forward to receive Communion?

- Must be in a state of Grace (no mortal sin)
- Must be Catholic
- Must believe Jesus is present in the Eucharist
- Fast for 1 hour

Step 4 Now it's time to make dough!

Let the students know they will be going to their tables. Direct them to sit a seat with a place setting, but not to touch anything until directed to do so.

Dismiss groups to their tables.

Step 5 Walk the group through the following steps:

1. Use the hand sanitizer to clean your hands.
2. Pour all your dry ingredients into the bowl. Set the bag aside.
3. Add water and olive oil and mix with the fork. The dough will look like cookie dough when it is completely mixed.
4. Dust a little flour on your parchment paper placemat and turn dough out on top.
5. Using the bag from your dry ingredients as a "glove," knead the dough for about 1 minute. To knead dough, you simply flatten it out and roll it back onto itself. If the dough is too sticky, add small amounts of flour until it's doesn't stick.
6. Roll your dough into a ball then discard your "glove."
7. Finish shaping your dough into a flat "loaf" by placing a second piece of parchment on top of the dough ball and pressing it flat with your hands. The loaf should be about 6 – 8" in diameter and uniform in thickness.
8. Remove the top parchment paper.
9. Using a sharpie, write your name on the parchment paper.

Step 6 Great job making your dough!

While you're off doing activities, our team will bake your bread in the oven for you.

Just like Jesus shared bread with his friends and shares the Bread of Life with us in the Eucharist, we'll get to share our bread with our families at lunch.

Students can then be dismissed to wash hands/head off to their next assigned station.

Unleavened Bread Instructions

1. Use the hand sanitizer to clean your hands.
2. Pour all your dry ingredients into the bowl. Set the bag aside.
3. Add water and olive oil and mix with the fork. The dough will look like cookie dough when it is completely mixed.
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Bread @ Lunch

Ask families **Why do we eat?** (Accept reasonable answers)

The primary reason we eat is to keep our bodies healthy and strong, and to stay alive.

At our first student station today, we got to make a simple unleavened bread. This is the same type of bread that Jesus and his Apostles ate at the Last Supper.

Just like bread is food for our bodies, Jesus in the Eucharist is food for our souls to keep our souls healthy and strong.

When we receive Jesus in the Eucharist, our ***souls are made stronger so we can say no to sin and serve Jesus better.***

In fact, Jesus comes to us in Communion to ***make us holy like Himself.***

Of course, it is very important that we receive Jesus ***every Sunday***, and even every day if we can.

Don't forget that we always must properly ***prepare our bodies and our souls*** to receive Jesus. Over lunch, be sure to ask your Bible Scholars the 4 things that are needed in order to receive Communion.

Now, let us pray and break bread together!

Unleavened Bread Recipe

1 cup	Flour
1 TBS	Extra Virgin Olive Oil
1 pinch	Salt

Preheat oven to 350 degrees. Combine ingredients in a bowl. Turn out onto a floured surface and knead for 1 minute. Press into a flattened loaf and place on a baking pan. Bake for 20 minutes or until golden brown.