



Yeast activity guide

Introduction

This experiment is designed to help explain how yeast works in releasing gas, which helps bread to rise. Yeast needs water, warmth, food and air. With warm water and sugar (food), the yeast will start to multiply (grow) and produces gas (carbon dioxide). This experiment shows the ideal conditions needed for yeast to work. (The sugar is used as food in this experiment. In bread making, the flour acts as the food.)

This experiment will help support children's learning about how micro-organisms and how biotechnology is used in everyday life, i.e. to produce bread.

You will need

1 x packet fast action yeast

2 x test tubes (or small bottles)

2 x labels

2 x balloons (optional)

1 x teaspoon sugar

Warm water

Directions

- Explain to the class what yeast is and its function. Describe the conditions it needs to work. Explain that you are seeing what the best conditions are for yeast to work.
- Prepare two test tubes (or small bottles). Label these A and B.
- In test tube A, mix yeast, warm water and sugar together (place a balloon over the top).
- In test tube B, mix yeast and warm water together (place a balloon over the top).
- Allow the samples to multiply for 10-15 minutes – leave these somewhere the children can see.
- Show the test tubes to the children. What do they notice?
- What has happened to the mixture? Ask them to describe what they can see. If you are using balloons, talk about the amount of gas that has been produced.