



We bake bread rolls

AT A GLANCE



Place

Indoors in a kitchen with an oven



Key idea

Baking bread rolls together and discovering: Jesus is the bread of life



Effort

Materials 15 min · Preparation 15 min



60 minutes



6–10 children



3–6 years



no yeast, quick to make



Materials

- ☐ quark-and-oil dough: 150 g quark (or thick yoghurt), 6 tbsp milk, 6 tbsp oil, a pinch of salt, 300 g flour, 1 sachet (about 15 g) baking powder
- ☐ bowls, spoons, baking tray with baking paper
- ☐ seeds for sprinkling (e.g. sesame, oats)
- ☐ aprons or old T-shirts
- ☐ oven (operated only by a leader)



Schedule

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|---------------|---|
| 0–5' | Arrival – Wash hands, put on aprons, and look at and smell all the ingredients. |
| 5–20' | Kneading the dough – The children add the ingredients one after another to the bowl and help knead until the dough is smooth. |
| 20–30' | Shaping the rolls – Each child shapes two small rolls and sprinkles them with seeds. A leader puts the tray in the oven (about 15–20 minutes at 200 °C). |
| 30–45' | Devotion – John 6:35: Jesus says: “I am the bread of life.” Bread fills our tummies – Jesus makes our hearts happy and full. |
| 45–60' | Eating together – Eat the cooled rolls together and say thank you first. |



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How it works – simply explained

- 1 Weigh out all the ingredients beforehand into small bowls – that way every child can tip something in.
- 2 First mix quark, milk, oil and salt, then add flour and baking powder.
- 3 Everyone may knead – the more hands help, the nicer the dough.
- 4 Shape small balls, put them on the tray and press them down slightly.
- 5 While the rolls are baking, tidy up together and lay the table.

 **Example:** “Can you smell that? The rolls will be ready soon. Just as bread fills our tummies, Jesus wants to make our hearts happy.”

Safety

- Ask about allergies and intolerances beforehand (gluten, milk, sesame); offer alternatives if needed.
- Only a leader operates the oven; children keep away from the hot tray.
- Wash hands before baking and eating.

Variations

- Shape rolls like animals or letters.
- Bake one extra roll and give it to someone.

Something to think about

Who would you like to share your roll with?