



From Wheat to Play Dough

Make colorful playdough from flour and learn why farmers grow winter wheat.



Background:

During the fall months, many farmers plant their fields with **winter wheat**. The seeds have time to germinate and grow before winter brings freezing temperatures. The wheat stops growing during the winter months, but it will begin to grow again in early spring. Winter wheat is known as a **cover crop**. Cover crops help to keep the soil from washing or blowing away during the winter. In the spring, the wheat is harvested and used to make flour for baking.

To learn more about wheat, click [here](https://tinyurl.com/y3yq3clm).
<https://tinyurl.com/y3yq3clm>

To see how a few pieces of wheat can be turned into flour, click [here](https://tinyurl.com/y5dtpjk9).
<https://tinyurl.com/y5dtpjk9>

To see how wheat was milled in Maryland hundreds of years ago, click [here](https://tinyurl.com/y5vvdzog).
<https://tinyurl.com/y5vvdzog>

To see how wheat is processed at a large mill today, click [here](https://tinyurl.com/y3l4e6kk).
<https://tinyurl.com/y3l4e6kk>






Ingredients for Making Playdough

- 1 cup flour
- ½ cup salt
- ½ cup cold water
- food coloring (optional)



Photo credit: familveducation.com

Directions:

<p>1. Pour flour and salt into a large bowl. Stir to mix well.</p> 	<p>2. Add water. Add food coloring if you want colored dough.</p> 	<p>3. Mix until the ingredients start to clump together.</p> 
<p>4. Knead (squeeze) the mixture until it resembles play dough. If it seems too wet, add more flour. If it seems too dry, add water.</p> 	<p>5. Use the play dough and your imagination to create interesting shapes.</p> 	<p>6. The play dough can be stored in the refrigerator in a plastic bag for about one month.</p> 