

The Bread Experience

When to Use: April, July, and October

Supplies

- Loaf of bread
- Jar of peanut butter
- Jar of jelly

Warm-up

In addition to the usual ritual, try out the traditional *Peanut Butter and Jelly Chant*.

The following is a modified version of a traditional Scout chant. Begin by establishing a tempo either by clapping or snapping your fingers. Ask the participants to clap their hands or snap their fingers with you. Then invite them to repeat or echo each of the following rhythmic lines as they pantomime each of the actions:

Chorus:

Peanut butter, peanut butter, jelly, jelly! (echo)

First you take the peanuts and you pick 'em, you pick 'em! (echo)

Then you take the peanuts and you crush 'em, crush 'em! (echo)

Then you take the butter and you spread it, spread it (echo)

Repeat chorus:

Then you take the berries and you pick 'em, you pick 'em! (echo)

Then you take the berries and you crush 'em, crush 'em! (echo)

Then you take the jelly and you spread it, spread it (echo)

Opener: Popcorn Share

A popcorn share is an invitation to receive a flood of ideas from as many voices as possible in random order. Ask the participants to do any or all of the following:

- Shout out all the different kinds of breads they can recall.
- Shout out all the toppings or spreads put on sliced bread.
- Shout out all the ingredients found in bread.

Acknowledge responses verbally and by recording on a dry erase board for visual learners. The following answers came from an *Experience*:

- Breads: rye, raisin, white, wheat, beer, pumpernickel, corn, jalapeño, banana, oatmeal, zucchini, cinnamon, garlic, Irish soda, potato, cranberry, blueberry, date, fruitcake, friendship
- Toppings: butter, peanut butter, jam, honey, apple butter, cream cheese, raisin, apricot jam, strawberry jam, peach preserves, grape jelly

Background Information

Bread is one of the world's oldest foods, going back to 10,000 B.C. at the dawn of the Neolithic Age when agriculture spread. The word *bread* is said to stem from the word *brew* and is associated with the word *break*. For some it is considered a metaphor for the most basic necessities, including a synonym for money. On July 7, 1928 sliced bread was sold for the first time by the Chillicothe

28 – The Bread Experience

Baking Company of Chillicothe, Missouri.

Notable dates include:

- The Richmond Bread Riot occurred April 2, 1863.
- Charles Perkins Strite received a U.S. patent for the pop-up bread toaster on October 18, 1921.
- Sliced bread, created by Otto Frederick Rowedder who invented the first automatic bread-slicing machine, was sold for the first time on July 7, 1928.



Activity: Bread Quiz

Ask the participants to fill in the blank or answer the questions. The answers are provided in parentheses.

- What is the phrase for the person who is a household's main economic contributor? (bread winner)
- To provide for a family is to put bread on the _____ (table).
- The term for an agriculturally productive region is a bread _____ (basket).
- A great invention might be referred to as the greatest thing since _____ (sliced bread).
- Bread is sometimes referred to as the staff of _____ (life).
- Many breads are leavened by _____ (yeast).
- The largest consumption of bread in the world takes place in what country? (Germany, with 1300 varieties)
- If bread gets old or dried up it's called _____ (stale).
- The outer, hard portion of the bread is called the _____ (crust).
- What kind of bread is made with a starter? (sourdough, friendship)
- A bread that is chemically leavened, either with baking powder and baking soda is referred to as _____ (quick bread. i.e. pancakes, waffles, muffins, carrot cake, banana, or zucchini).
- What are some methods of bread making? (steamed, leavened, baked)
- When things generally go completely wrong, one can conclude that bread always falls on the _____ (buttered side).



Activity: Song Parody

The song, *Make It With You*, written by David Gates, was made famous by the pop/rock group, *Bread* in 1970. If you know the song, you can sing the following parody of it for or with the participants. If you don't know the song, read it as a poem, leaving off the last word of each rhyming couplet for the participants to fill in.

Bake Bread With You – A Parody

By Kareen King

Hey – have you ever spread
Creamy peanut butter upon your bread?
Or have you tried it with jam
Or maybe sliced ham?
Bread is for those who eat
And a little butter's a special treat
And if you're wond'ring what this song is leading to
I want to bake bread with you

I really think that we could make it good
 Now, I can safely say
 In ev'rybody's diet, bread's here to stay
 If you believe in bread like I do
 Then we'll see it through
 Bread can be short or long
 Bread is what makes us strong
 And if I choose the bread I'd like to eat and chew
 I'd like to bake bread with you
 I really think that we could make it good

Dreams – they're for those who sleep
 Bread – it's for us to keep
 And if I choose the ones I'd like to see me through
 I'd like to bake bread with you

I really think that we could make it good

Activity: Recreate the Bread Quote

There are numerous wise sayings about bread. Before you reveal them, ask the participants to fill in the blanks with their own ideas first. Then read the actual quotes.

- If you have two loaves of bread, sell one and buy a _____.
 Actual quote: "If you have two loaves of bread, sell one and buy a lily." – Chinese Proverb
- Man cannot live on bread alone. He also needs _____.
 Actual quote: "Man cannot live on bread alone. He needs booze too." – Theodore P. Stein
- A loaf of bread, a jug of wine, and _____.
 Actual quote: "A loaf of bread, a jug of wine, and thou." – Omar Khayyam
- The daily bread of the eyes is _____.
 Actual quote: "The sky is the daily bread of the eyes." – Ralph Waldo Emerson

Activity: Improvisational Sandwich Story

Ask the participants to select one person to be the principal character of the story. Once the character is selected, instruct the participants that each person is to provide a short answer, when called upon, to add to the story. The story begins like this:

Once there was a man named _____. One day he had a craving for a big sandwich, so he took a loaf of sliced bread, pulled out a slice, and spread some peanut butter on it. He next added _____ (and so forth until everyone has had a chance to suggest an ingredient).

After the group has exhausted their ideas say, "So he took a huge bite of his sandwich. And then what happened?"

Let the responses flow until the story reaches a natural conclusion. Then ask the group to come up with a title for the story. An example from an *Experience*:

Jeff's Dagwood Sandwich

Once upon a time there was a man named Jeff whose wife hadn't cooked for him in two days. He was so hungry, he decided to stop at a kitchen and ask for a sandwich. The cook handed him a slice of bread and asked what he wanted on it.

“Peanut butter,” he said.

“Is that it?” the cook replied, adding the peanut butter.

“Grape jelly.”

“Is that it?” the cook replied, adding the jelly.

“Pastrami.”

“Is that it?” the cook replied, adding the pastrami.

“Butter.”

“Is that it?” the cook replied, adding the butter.

This continued until the bread was covered with cheese, ham, honey, lettuce, onion, tomatoes, tuna fish, pepper and salt, mustard, mayonnaise, sardines, ice cream, snakes, snails, and puppy dog tails, dill pickles, bread and butter pickles, cucumbers, radishes, salmon, chocolate syrup, apple butter, catfish, jalapeños, potato salad, basil, baked beans, squash blossoms, Nasturtiums, pickled pig’s feet, and chicken salad.

Finally, he took a gigantic bite, then fainted and passed out. He went to the hospital, got his stomach pumped, and had an enema.

When it was all said and done, he let out a big belch.
The end.

Conclusion

After the *Experience*, ask the participants to identify memorable moments from the session.

Closer

Close by inviting the participants to summarize the experience by completing the following sentence with exclamation: “Now *that* was the best thing since sliced _____!”

“Man cannot live by bread alone; he must have peanut butter.”

– James A. Garfield, American President
