



Title: Matzah Making

Time to complete activities: 1 hour

Age range for activities: 3-5th grade

10-24 students is ideal for this program with 2 educators

Program Overview & Guiding Questions / Enduring Understanding(s)

Students will learn how to make flour from wheat and make matzah from the flour.

Guiding Jewish Questions:

- 1) Why is wheat significant in Judaism?
- 2) What is Pesach?
- 3) Matzah v Challah
- 4) Why do we eat matzah on Pesach?
- 5) Why does matzah need to be made in under 18 minutes?
- 6) Where does 18 come up in Judaism?

Guiding Questions:

- 1) *Where does flour come from?*
 - 2) *Why do we eat matzah on Passover?*
 - 3) *Why are we making our own matzah today when we could easily buy it in a store?*
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Goals:

- 1) Make a matzah
 - 2) Understand how wheat plants become flour through the process of threshing and winnowing
 - 3) Connect to our ancestors through the process of making holy bread, tie that into importance/ humanness of making your own food
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Materials needed:

- 1) Wheat stalks
- 2) Flour
- 3) Water
- 4) Salt
- 5) Pans

- 6) Rolling pins
 - 7) Mortar/Pestles / wheat grinder
 - 8) Forks to poke holes in the matzah
 - 9) Recipe cards
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Session Plan:

- **Intro (10 min):** Open with a song. Song ideas: “poop makes soil” or “Dayenu” depending on if you want to start with a silly energy or tap into Passover songs...
 - When I say “bread,” what memory is evoked? When do you we eat bread together? What is the significance of eating bread together? On shabbat? On Pesach?
 - Have you ever made bread before? How about matzah? What part of this process did you do?
 - What’s the deal with matzah? Why do we eat it?
- Divide class into two group, one half will thresh, winnow, and grind. The other group is in the kitchen making matzah.
- **At the thresh, winnow, grind station: (20 min)**
 - Ask students, “Have you ever made your own matzah/bread before? How do we make matzah/ bread? What are the steps we need to take? What other foods do you make?”
 - Ask students, “What is wheat?” “Where does it come from?”
 - Hold up a wheat stalk and ask students to describe what they notice about it, what they’re curious about, what it reminds them of. “How do you think we could start to turn this into flour?”
 - In a circle, have a short demo of how to thresh and winnow. Pass out wheat for students to explore these steps themselves! Rub the stalks between your hands so that the seeds fall into a bowl.
 - “Does anyone know what this flakey thing is covering the seed?” “How could we get it off the seeds?” (It’s called chaff) Use small bowls to pour wheat between and have a buddy blow the chaff away. You can also have kids experiment with different ways of blowing away the chaff.
 - Take turns using the mortar and pestle to grind the wheat
 - Talk about the similarities and differences between the bread and matzah making process. This thresh, winnow and grind process is the same for all bread!
 - For the first group, ask this at the end to prep for their matzah making station. For the second group, ask this in the beginning to debrief their matzah making station: What does 18 mean to you? Why do you think matzah needs to be made in under 18 minutes? Where (else) does 18 come up in Judaism? *On Passover we are forbidden to eat fermented grains, and once wheat touches water it has 18 minutes before the fermentation process starts. Also, the time pressure reminds us that our ancestors were in a rush when they left Egypt.*

- For the first group, end 3 minutes early and have them wash their hands to make more time to cooking in the second station.
- **At the Kitchen Station: (20 min)**
 - Have two stations set up. Each with a mixing bowl, measuring cups/spoons, rolling pins, ingredients.
 - Start by having everyone wash their hands
 - Divide students into two groups. Pass out recipe card and assign one student at each station to be the “recipe holder.” This kid will be in charge of reading the recipe and overseeing the ratio of ingredients.
 - Talk for one minute about why matzah must be made in under 18 minutes.
 - Set a timer for 18 minutes! Make matzah!
 - For instructor in the kitchen: if there are teachers/ teen helpers available, ask one of them to be overseeing one of the groups, while you help the other. Once all the ingredients are in the bowl, have the students pass the bowl around the circle, each stirring for 10 seconds (everyone can count aloud to make it fun). Then, pass the bowl around again and have everyone kneed the dough with their hands for 10 seconds. Divide the dough into however many students are in each group.
 - Instruct students to form the dough into a ball and flatten with their palm. Then pass out rolling pins and make the dough as thin as possible.
 - Poke holes in the dough with a fork
 - Place matzahs on a baking sheet with wax paper. Using a sharpie, write each student’s name next to their matzah so they can find it at the end.
- Switch stations.

Reflection (10 min):

- What do you know about matzah and the process of making it now that you didn’t know before?
- Why is it important that we made our own matzah today when we could have bought it at the store?
 - *It is important to make things so that we can appreciate the process and learn a new skill. It connects us to our ancestors and the ways that people lived for thousands of years*
- Pass out matzah and snack. Have kids line up and have teachers help pass out matzah
- Is this a new taste for you? Is this similar to the matzah you remember eating last year at Passover?
- Was anything surprising about the matzah making process?
- What questions do still have?

Anticipated Outcomes:

- Students will have made matzah
- Students will know the steps needed to make matzah

- Students will make the connection between the wheat plant and bread/matzah
 - Students will begin to explore the relationship between bread and matzah
 - Students will begin to expand on their relationship with matzah and food in general
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Matzah Recipe, Adapted from Leite's Culinaria

Ingredients

4 1/2 cups all-purpose flour, plus more for rolling
1 teaspoon kosher salt
2 tablespoons mild olive oil
3/4 cup plus up to 1/4 cup warm water

Directions

1. Preheat the oven to 500°F
2. In a large bowl, mix together all the ingredients, until everything comes together to form a dough. If the dough seems dry, add a little more water, a few drops at a time.
3. Divide the dough into 8 pieces. Flatten each piece to make it as thin as possible.
4. Use a fork to prick holes in the surface of the dough.
5. Carefully place on a baking sheet. They should fit snugly but should not touch. Bake until the surface of the matzoh is golden brown and bubbly, 2-3 minutes. Carefully flip the matzoh pieces and continue to bake until the other side is golden browned and lightly blistered, 2-3 minutes.
You may need to bake for a little longer on each side, depending on how thin the students can make their matzahs.
6. Let it cool before serving. Enjoy!