

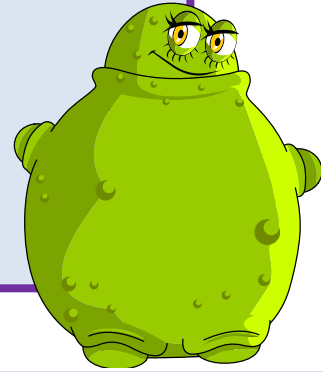


Yeast Balloon

What makes bread rise?

Ingredients

- A Packet of yeast from the grocery store
- A Small, clean plastic bottle
- 1 Teaspoon of sugar
- Some warm water
- A Small balloon
- A Pen
- A Notebook



Method



Blow up the **balloon** and let the air out a few times to stretch it out.



Pour about 2 centimetres of **warm** water into the plastic bottle.



Add the **yeast** to the bottle and **swirl** it all around to **mix**.



Add the **sugar** to the **bottle**, and swirl this around too.



Stretch the **balloon** over the neck of the **bottle**, and put it in a warm place for about 20 minutes.

What has happened?

Can you explain why it has happened?

Would the same effect happen without the sugar?

What would happen if you put the bottle in the fridge?

Explanation

The balloon will start to inflate. The yeast (*Saccharomyces cerevisiae*) is a useful living microbe. When you mix it with sugar and water (food and drink) it begins to let off a gas called carbon dioxide. It is this gas that fills the balloon. In bread, yeast is spread out throughout the mixture, and the bubbles in the bread are caused by the carbon dioxide released by the yeast. This makes the bread rise.