

Bread of Life

F	I	U	A	R	T	G	Y	A	B	E	E	B	D
D	O	Y	G	R	T	R	A	O	B	O	F	M	D
B	H	N	F	R	T	R	U	T	H	E	D	M	H
M	E	A	R	E	T	H	M	H	E	E	N	Y	D
O	A	M	A	F	H	E	A	V	E	N	M	H	D
O	R	R	M	I	D	B	N	D	R	I	N	K	E
H	T	O	G	L	O	O	N	H	L	A	F	N	D
U	R	O	N	A	O	N	A	N	M	M	O	L	A
N	D	E	I	O	L	E	V	B	R	A	O	H	D
G	M	N	V	I	B	S	E	N	O	A	D	A	E
E	E	R	I	M	H	A	A	E	O	F	E	D	E
R	H	E	L	A	V	F	K	A	R	R	I	O	S
R	E	M	R	F	E	E	D	T	B	E	H	B	E
I	I	E	R	E	B	M	E	M	E	R	H	G	M

LIVING
 SHARE
 HEAVEN
 HEART
 FOOD
 ONE
 BREAD
 TRUTH
 FEED
 LIFE
 REMEMBER
 EAT
 BODY
 MANY
 BLOOD
 HUNGER
 MANNA
 DRINK

Word Search using words from
 Deuteronomy 8.2-3, 14-16,
 1 Corinthians 10.16-17,
 John 6.51-59

Bread Of Life Word Shape Puzzle

Jesus the Bread of Life

"I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world."
John 6:51 (NIV)



Enter the correct words in the boxes based on the shape of the letters.

1.

5.

2.

6.

3.

7.

4.

8.

bread	listen	truth	everlasting
heaven	learn	believe	life



“I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh.” John 6.51

Make Unleavened Bread at Home

The people who lived during Jesus' time on Earth were very familiar with the purpose and importance of bread in their diet and as part of their celebrations. Bread represented nutrition for life. When we receive Jesus in the sacrament of the Eucharist, we welcome Jesus into our hearts and into our bodies. As you make this bread with your child(ren), talk about how Jesus lives in us every day and how His love changes us. Make sure you read the recipe all the way through (see Tips) so you can decide if you want to add the extra ingredients that are not part of the original recipe.

Unleavened bread, or bread without yeast, is a typical Jewish food, the name derives from the Greek azymos (without yeast) which in Jewish becomes mazzah, and it is the symbol of the Passover that recalls the Exodus from Egypt: it was the bread of the fugitives because it was quickly prepared by the fleeing Jews. It is a poor bread made only with flour and water, without salt or yeast and therefore without leavening; it is also very good for those suffering from yeast intolerances. It looks like a crunchy pastry with a round or square shape and a neutral flavor, and it can be combined with sweet or savory dishes. This kind of bread is often used in cases in which a bread capable of lasting long is needed: being free of yeast, in fact, it can be preserved for a long time. **The original recipe** for unleavened bread is prepared with wholemeal flour and water, in our recipe we will use type 00 flour, but it is also possible to use manitoba, spelt or gluten-free flour.

Instructions:

Place the flour in a bowl or on a work surface. (1) Add cold water and start working hard for about 3 minutes. Continue to knead with firm and quick movements, folding the dough back on itself until an elastic compound is obtained. Divide the dough into 4 pieces and roll them out by hand or with a rolling pin, use the long and narrow one.

Each piece must have a thickness of 3 mm, it can have the shape of a disc, not necessarily regular, with a diameter of 22 cm. (2) Once the dough has been spread and you have obtained 4 sheets, drill them with a fork and bake them in the static oven in the lower part for 6-7 minutes at 250 °, then turn them and cook for another 6-7 minutes. Once ready, let the bread cool. (3) Your unleavened bread can be served immediately or preserved and then used when necessary.

Tips

For a good yield of unleavened bread, do not let the dough rest after preparation but roll it out immediately.

If you want to use wholemeal flour, use 400 grams, always with about 200 ml of water.

Unleavened bread can also be cooked in a pan; in this case it will be more swollen. If you want to get a softer unleavened bread you can add 1/2 teaspoon of baking soda.

To make your unleavened bread tastier, you can also add salt and oil: add 3 grams of salt and 2 tablespoons of extra-virgin olive oil to the mixture.

Unleavened bread can be consumed instead of crackers to accompany your dishes, it can also be used as a base to make sweet pancakes.

How to preserve unleavened bread

You can preserve unleavened bread for 1 month in a paper bag and away from moisture.