

## How to...

# Bake soda bread

### What you need

- 300g wholemeal flour (or plain)
- 1tsp salt
- 1tsp bicarbonate of soda
- ½tsp fennel seeds (optional)
- ½tsp rosemary (optional)
- 250g plain yoghurt
- 20ml cold water
- 1 set of scales
- 1 large bowl
- 1 large spoon
- 1 baking sheet
- 1 knife



### Instructions

Set the oven to 180°C. Measure out flour and place in the large bowl. Then add the salt, bicarbonate of soda, fennel seeds and rosemary (if using) and mix together. You can either use a large spoon or clean hands for this. Next, add the plain yoghurt and mix again until it forms a sticky ball. Add a little water to help the dough come together, if needed. Then shape into a ball and put a little flour on the baking sheet. This stops the bread from sticking. Put the ball on the baking sheet and then cut a large, shallow cross into the top of the dough. Place it in the oven for 10 minutes, then turn the oven down to 160°C for another 15 minutes. The bread is done if it sounds hollow when you tap it on the base with your fingertips.



**WOW!**  
Unlike a normal loaf, soda bread contains no yeast. Instead, the bicarbonate of soda reacts with the yoghurt to make it rise.

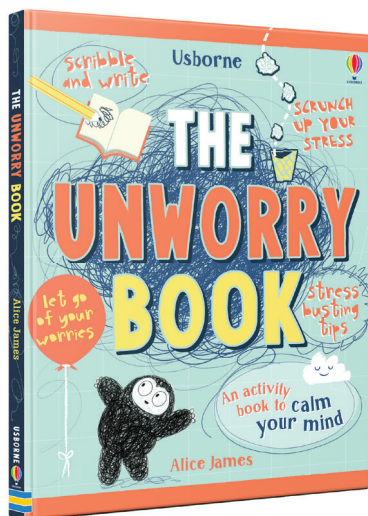
**WARNING!**  
Always ask an adult for help when using the oven or knives.

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ADVERTISEMENT FEATURE

# How to manage your worries

Sometimes the world can be a scary place, and everyone feels a little stressed occasionally. This great new book from Usborne, *The Unworry Book*, is full of useful tips on how to look after your mental health. Follow these three simple steps to create your own worry box.



### 1. Grab a box

There are lots of ways to make a worry box. It doesn't have to be an actual box – an empty envelope, jar or tub will all work well. The opening will act as the mouth.

### 2. Get decorating

Bring your box to life using pens, decorations and glue, and try to make it really fun and personal to you. You could even make it look like one of your favourite creatures.

### 3. Throw your worries away

When the box is fully decorated, it's ready to eat up all your worries. Write your concerns on bits of paper and feed them into your box, instead of dwelling on them. When the box is full, be sure to recycle the paper so the worries don't build up.

To find out more, and to learn lots of different ways to manage mental health and relieve stress, take a look at Usborne's *The Unworry Book*. Have a sneak peek at [usborne.com/mentalhealth](http://usborne.com/mentalhealth)

### You can WIN!

To be in with a chance of winning one of five free copies of *The Unworry Book* and *Looking After Your Mental Health*, email [competitions@theweekjunior.com](mailto:competitions@theweekjunior.com) by 25 May 2019 and include the words MENTAL HEALTH in the subject line.

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