

Technical knowledge

Bread is one of our main staple foods. We eat bread or a form of bread most days, whether it is for breakfast as toast, lunch as a sandwich or for dinner as part of our meal. Bread comes in all different shapes, sizes, colours and flavours. Different types of flour can be used to make bread, yeast is the key ingredient in making it rise.

Bread belongs to the starchy foods also known as carbohydrates like potatoes, rice and pasta. This group of food should make up around a third of what you eat.

Why does bread dough need time to rise?







When making bread with yeast, the kneaded dough has to have some rise time. During rising, the yeast ferments (eats) the sugar and develops the dough. Rising also improves the flavour and texture of the bread.



Key Vocabulary

Yeast	an ingredient that helps makes bread puffy and rise in the oven
balanced diet	eating a range of food in moderation.
kneading	mixing the ingredients with your hands and working the dough into a smooth consistency
Carbohydrate	a food that gives you lots of energy.
Unleavened bread	a bread made without yeast that does not rise e.g. pitta bread

Bread from around the world

 baguette France	 naan bread India	 chapatti India	 soda bread Ireland
 bagels Poland	 pitta bread The Middle East		

Keeping safe



Questions to think about

- What did you like most about making bread?
- What was most difficult about making bread?
- How pleased are you with your finished product?
- What do you think you could do to improve your product further?
- What is the most important thing you have learnt about working with food?