

Key Knowledge

Design Process

Research	Investigate and analyse a range of existing products. You need to look at and taste a wide variety of different types of bread
Design:	Generate, develop, model and communicate their ideas through discussion and annotated sketches
Make	Use a range of tools and equipment to perform practical tasks accurately. Using measuring, mixing, kneading and cooking
Evaluate	Evaluate their ideas and products against a design criterion and consider the views of others to improve their work. What would you change or do differently?

Questions to Consider

What types of bread are there? Sliced, buns, flat, crusty, sweet...

How can we add to our bread? *Seeds, fruit, icing...*

How can we present our bread? Sliced, whole, buns, plaits.....

What is Bread?

Bread is a staple food product eaten all over the world. It is one of the oldest known prepared foods. There is evidence from 30,000 years ago of starch residue on rocks indicating that a flour has been made. During Neolithic times, farming and agriculture developed rapidly and bread making became an important source of food. Different grains were used and leavening processes were developed to allow bread to rise before and during baking. Many early breads were unleavened (meaning no yeast or raising agent is present). These are still made in many parts of the world now. The tortilla and roti are staple foods in Central America and South Asia.

Diagrams

Dough



Proofing



Rising



Key Vocabulary

Spelling	Definition/Sentence
Kneading	Flour, salt and fat are mixed with the yeast and water. Flexible dough formed, kneaded to stretch the dough and develop the gluten and form an elastic dough
Shaping	The gluten should now be thoroughly distributed. The dough is shaped and left to prove again
yeast	Single celled microorganisms used in baking and making alcoholic beverages.
dough	A thick, malleable (sometimes elastic) paste made out of grains, leguminous or chestnut crops.
gluten	Gluten is a protein that allows bread dough to develop and create large pockets of air. Bread flours tend to be rich in gluten
proofing	The final rise of the shaped dough before baking.
fermentation	A process where yeast metabolises sugars to create carbon dioxide and alcohol

Examples of different types of bread

Rye Bread – made from Rye rather than Wheat. Eaten a lot in Europe.



Brioche – A sweet, enriched bread made with butter and eggs – popular in France



Roti – an unleavened bread eaten in countries on the Indian subcontinent

