



Design Technology: Bread Making - Food Technology



Year
1/2

Key vocabulary

kneading	stretching and folding the dough to develop the gluten
shaping	moving the dough into a shape before proving
dough	a thick paste made from grains and water
gluten	a protein that allows bread dough to develop, creating pockets of air
yeast	used to help bread rise
proving	the final rise of the shaped dough before baking
technique	a particular way of doing something.

We are building on our knowledge from making Bread Sticks in Reception

This will help us with our Grab and Go Snacks in Year 6

This will help us learn Year 3

Key knowledge

To get ready to cook you should: tie back long hair; roll up long sleeve; remove; put on an apron; wash and dry hands thoroughly (use anti-bacterial soap or hand wash). As well as washing our hands, it is important that our utensils and work tops are clean and hygienic.

Bread is a food product eaten all over the world. It is one of the oldest known prepared foods.

Food can be sorted into five main groups:

- 1) bread and cereal
- 2) meat, fish, alternatives
- 3) milk and dairy
- 4) food containing fat
- 5) fruit and vegetables



Bread is from the 'Carbohydrates' food group.

Use a range of tools and equipment to perform practical tasks accurately.

Creating bread involves measuring, mixing, kneading, shaping, proving and cooking.

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



Diagrams

Dough



Proofing



Rising

