



Statutory Requirements

- use research and develop design criteria to inform the design of innovative, functional, appealing products that are fit for purpose, aimed at particular individuals or groups
- generate, develop, model and communicate their ideas through discussion, annotated sketches, cross-sectional and exploded diagrams, prototypes, pattern pieces and computer-aided design
- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savory dishes using a range of cooking techniques
- evaluate ideas and products against their own design criteria and consider the views of others to improve their work

Food Opportunities

Food

- Prepare ingredients hygienically using appropriate utensils.
- Measure ingredients to the nearest gram accurately.
- Follow a recipe.
- Assemble or cook ingredients (controlling the temperature of the oven or hob, if cooking).

Key Vocabulary & Knowledge

kneading	Is a process in the making of bread or dough, used to mix the ingredients and add strength to the final product.
yeast	Is a tiny plant that makes bubbles of carbon dioxide when mixed with flour and warm water.
dough	A thick, malleable (sometimes elastic) paste made out of grains, leguminous or chestnut crops.
proofing	The final rise of the dough before baking.
gluten	Gluten is a protein that allows bread dough to develop and create large pockets of air.
shaping	to transform mixed and fermented dough into its final form.
rising	The yeast eats up the sugars in the flour and excretes carbon dioxide gas and ethanol which makes it rise.

Prior learning

Food taught in Year 2 gave experience with cutting, peeling and grating ingredients safely and hygienically and measuring or weighing using measuring cups or electronic scales. Also to assemble or cook ingredients.

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.

What is Bread?

Rye Bread – made from Rye rather than Wheat



Brioche – A sweet enriched bread made with butter and eggs



Roti – an unleavened bread eaten on the India subcontinent



Diagrams

Dough



Kneading



Proofing



Rising

