

KS2

Lesson 2

Making bread

Curriculum objective – Select from and use a wider range of tools and equipment to perform practical tasks accurately [for example, cutting and shaping]

Design and Technology

www.grammarsaurus.co.uk

Grammarsaurus

What is bread?

Bread is a type of food, which is baked in an oven. It is mainly made from dough. Dough is made from mixing together flour and water. Once baked, bread can be eaten as it is or it can also be toasted. There are many different types of bread and they are eaten in many different ways and with a variety of flavours. Bread is eaten all over the world and it comes in lots of different shapes, sizes and flavours.



The two main types of bread are:

1. **Leavened bread** is made by adding yeast to the dough. The yeast produces gas that makes the dough lighter.
2. **Unleavened flatbread** is baked from a dough of water and flour, but no yeast is added to the dough. It is baked in flat rounds.



What ingredients do you think you need to make bread?



Ingredients

Basic:

flour, water, yeast, salt

Optional extras:

oil, sugar, seeds, herbs, spices, fruit, olives, chocolate chips...



The colour and taste of the bread depend on the kind of flour used.

- Using **whole wheat** grain makes darker bread.
- Flour made from **polished wheat** grain makes a white bread.
- **Rye** and **barley** flours makes darker types of bread.
- Wheat is rich in **gluten**, which is a protein that gives dough its elasticity and strength.



What equipment do you need to make bread?

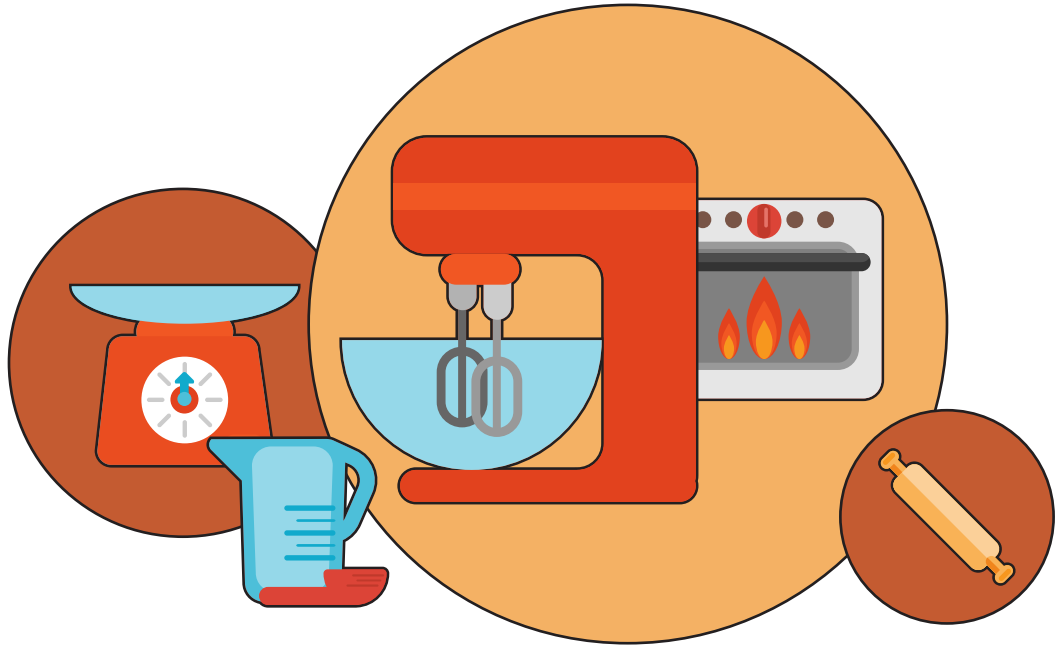


Equipment list

A list of some of the equipment you will need to make bread:

- loaf tin
- baking paper
- measuring spoons
- knife
- cooling rack
- spatula and mixing spoons
- rolling pin
- mixing bowl

To cook – **oven and timer**



Step by step guide for making basic bread

Ingredients

500g of chosen flour (could be granary, white or whole wheat)

300ml tepid (lukewarm) water

A sachet of yeast

1 teaspoon salt

2 tablespoons olive oil

Equipment

weighing scales

large bowl

wooden spoon

loaf tin

sharp knife

cling film/tea towel

1. Measure out and then sift the flour, yeast and salt into a large bowl and mix together, using your hands.

2. Make a well in the middle of the bowl and add 300ml tepid water with the oil, then carefully and gradually stir into the dry ingredients to make a soft dough.

3. Flour a surface, place your dough onto it and knead into the dough for around 5 to 10 minutes. You will know it is enough when the dough feels elastic and no longer feels sticky. If it still feels sticky, sprinkle with a little flour.

4. Put the dough back in the bowl.

5. Place a tea towel/cling film over the bowl and leave in a warm place to prove/rest for around an hour. You will know it has proved when the dough has risen to fill the bowl and it no longer springs back when you press it with your finger.

6. Further knead the dough for 1 minute. Leave it to rest for another 5 minutes, then shape the dough into the desired bread shape.

7. Heat oven to 200°c or gas mark 6. Make several slashes across the top of the loaf with a sharp knife.

8. Bake for 30–35 minutes, or until the loaf is golden.

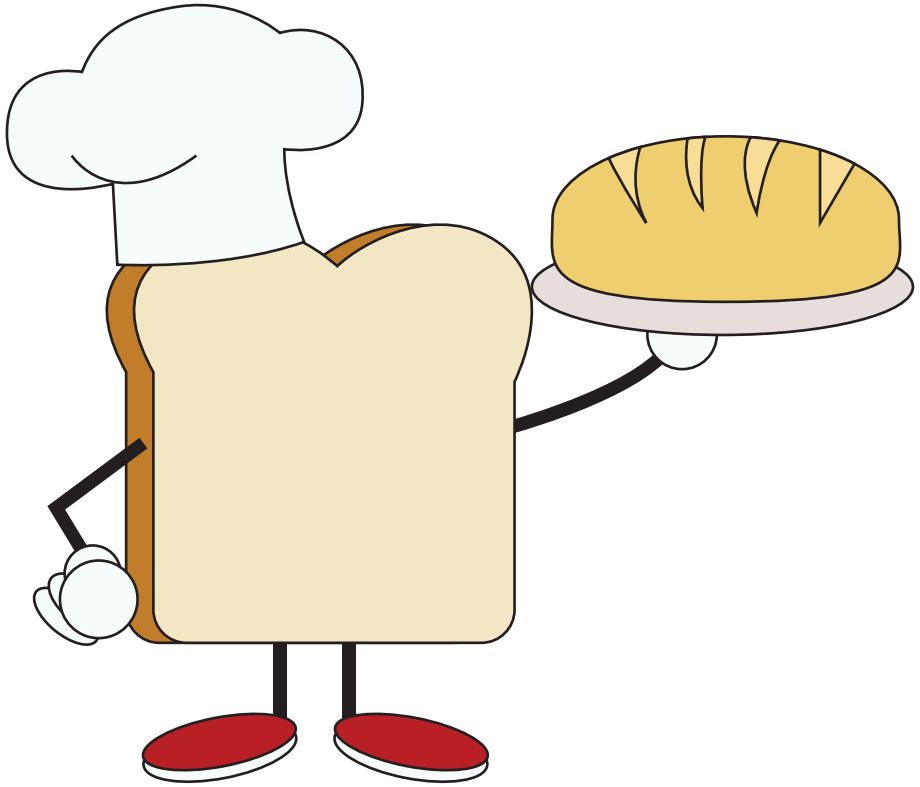
9. Once cooked, place onto a cooling rack. It should sound hollow when you tap on its bottom.

Evaluation of your bread

How will you check and **evaluate** the taste of your bread?

Think about:

- Taste
- Texture
- Shape
- Appearance



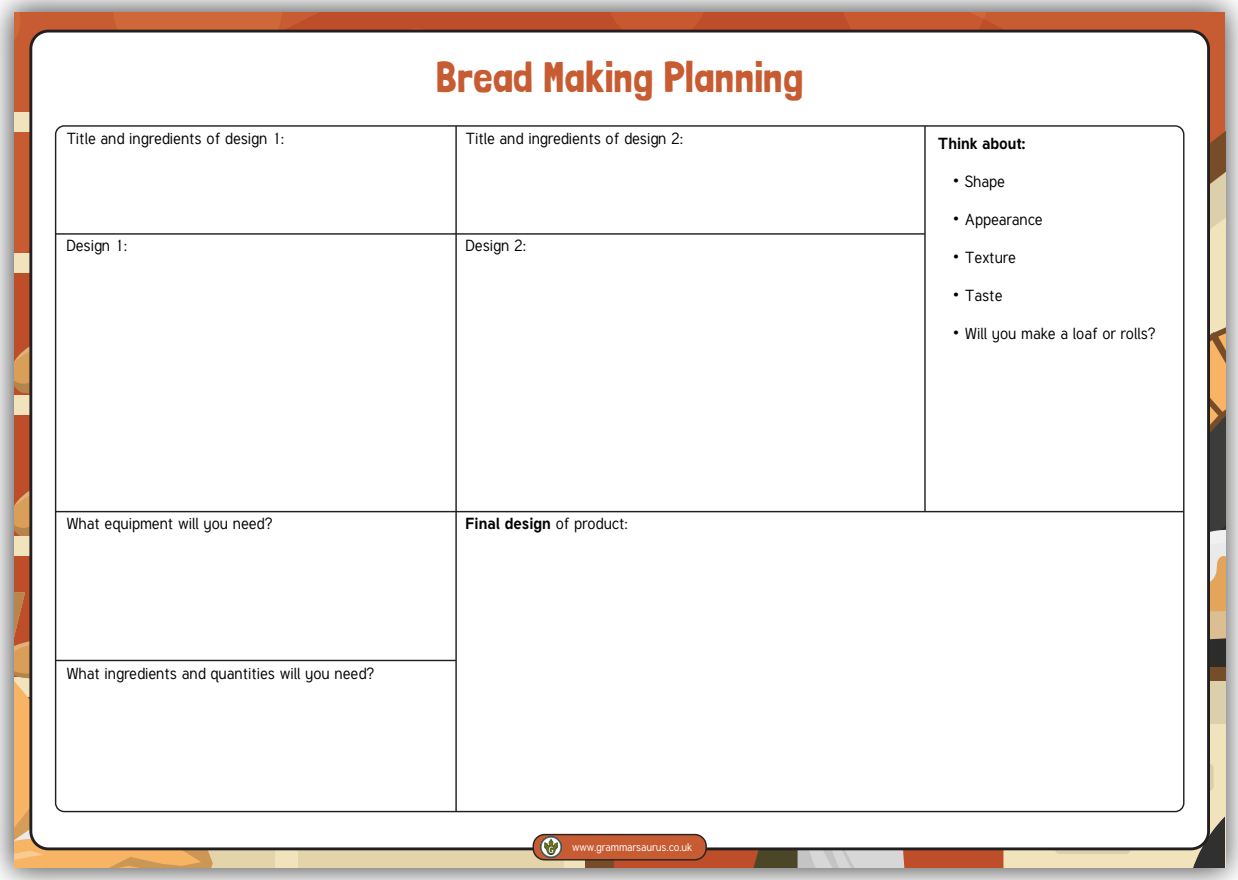
Task

Complete the planning sheet on how to make your own loaf of bread.

Challenge

Make a loaf of bread made for a specific culture that you research independently.

Countries and their food culture/heritage you could research: Indian, Greek, Mexican, Italian



Bread Making Planning

Title and ingredients of design 1:	Title and ingredients of design 2:	**Think about:** • Shape • Appearance • Texture • Taste • Will you make a loaf or rolls?
Design 1:	Design 2:	
What equipment will you need?	**Final design** of product:	
What ingredients and quantities will you need?		

www.grammarsaurus.co.uk