

KS2

Lesson 1

Tasting bread

Curriculum objective – Design and 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

Design and Technology

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Who eats bread?
How do we eat bread?



Partner talk:

Share findings from your independent research homework task.

Key facts about what makes up bread:

Bread is made from wheat.

The **seeds of the wheat** are called **grain**.

Each seed is made up of three parts – **bran, germ, endosperm**.

When the grain is crushed to make flour, the germ and endosperm turn to powder and the bran is broken into tiny flakes.

White flour is made by extracting the bran and germ.

Brown flour has the bran extracted.

Wholemeal flour contains all three parts.

Cereals are a **good source of fibre**, which our bodies need for good digestion. Due to the fact fibre comes from the bran, we get less fibre from white bread that we do from wholemeal bread.

Breads of the world



Different types of bread

High rising bread



Pan, loaf, sourdough, baguette, brioche, boule, ciabatta, pumpernickel

Flatbreads



Tortilla, naan, pita, focaccia, frybread, matzo, roti



What ingredients do you think you need to make bread?



What ingredients do you think you need to make bread?

Basic:

flour, water, yeast, salt

Optional extras:

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



Taste test time!



What is the purpose of taste testing?

- Find out what tastes good
- Find out own and groups of people's likes and dislikes
- Allows the opportunity to change something if it isn't what you would like/ expect
- Find out what the customer likes

Who does taste testing?

- Employers
- Focus groups
- Customers
- Friends and family



Taste test

- Ingredients
- Texture
- Taste
- Appearance – What does it look like? How is the bread shaped?
- Origin – where is it from?



Evaluation of bread tasting

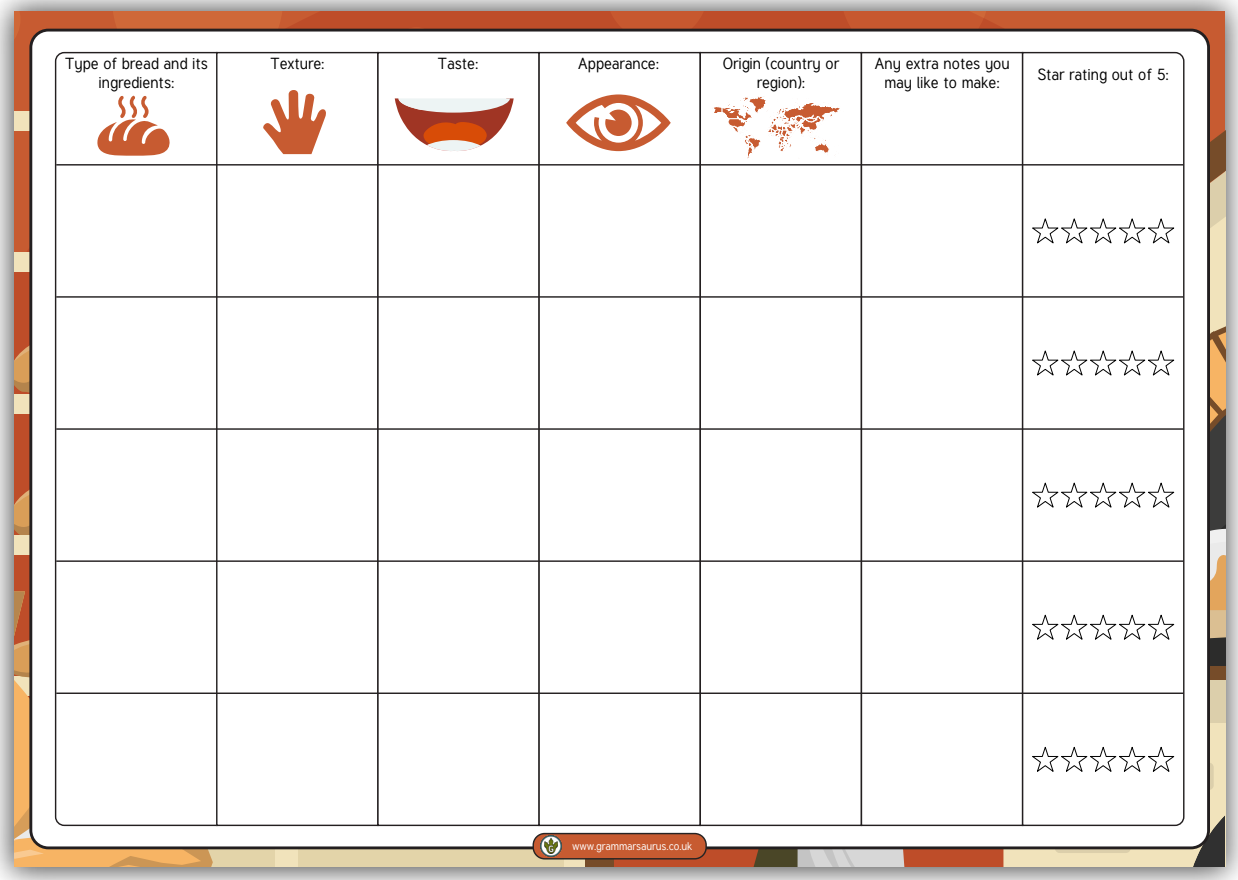
Make notes on each of the breads you have tasted in each of the columns in the table.

Give each bread a 5 star rating (based on your preferences).

Don't forget, some children will like other breads differently to you.

Task

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



Type of bread and its ingredients:	Texture:	Taste:	Appearance:	Origin (country or region):	Any extra notes you may like to make:	Star rating out of 5:
						☆☆☆☆☆
						☆☆☆☆☆
						☆☆☆☆☆
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Challenge

Once you have tasted each of the breads, can you think about what meals this bread would be served with and why?