



## Cookery — Bread

*In this unit, Year 3 will look at their baking skills. They will learn how to mix, knead and prove a dough before baking. They will evaluate different breads before they start to inform their own recipes.*

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### Objectives

#### Design:

- Use research and develop design criteria to inform the design of innovative, functional, appealing products that are fit for purpose and aimed at individuals and groups.
- Generate, develop, model and communicate their ideas through discussion, annotated sketches, cross-sectional diagrams, prototypes, pattern pieces and computer-aided design.

#### Make:

- Use a range of tools and equipment to perform practical tasks accurately.
- Use a wide range of materials and components, according to their characteristics (functional properties and aesthetic qualities)

#### Evaluate:

- Investigate and analyse a range of existing products.
- Evaluate their ideas and products against a design criteria and consider the views of others to improve their work.
- Understand how key events and individuals in design



### Key Vocabulary

dough	A thick, malleable (sometimes elastic) paste made out of grains, leguminous or chestnut crops.
yeast	Single celled microorganisms used in baking and making alcoholic beverages.
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.
benching	A process where the gluten in the bread relaxes. Also called resting or the intermediate proof.
proof/proofing	The final rise of the shaped dough before baking.
fermentation	A process where yeast metabolises sugars to create carbon dioxide and alcohol.

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.

## Leavening

Leavening is the process of adding gas to a dough before or during baking to produce a bread that is lighter and more easily chewed. Most bread eaten in the west is leavened.

Bread can be leavened by introducing chemicals such as baking powder or buttermilk and baking soda. Self-raising flour has baking powder in it.

Bread can also be leavened with yeast. Yeast are micro-organisms that ferment the carbohydrates in bread creating carbon dioxide.

Bakers follow a process where a dough goes through two resting periods known as proofing. During this process, the bread rises and its shape is created.



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

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



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

## Suggested Homework Projects

### Breads Around the World

Every country in the world has their own style and designs of bread.

What can you find out? What sort of bread comes from countries you have been to or lived in?

### “The Year 3 Bake Off”

Why not have a go at making your own bread at home?

You could follow a recipe or design your own. You could try making it decorative. Photograph it to show the rest of your class or even bring some in to try.