

Year 3 DT: Bread

Vocabulary

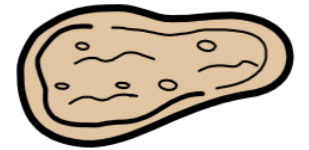
leavened

Bread made with yeast or other raising agent



unleavened

Bread made without yeast or other raising agent.



knead

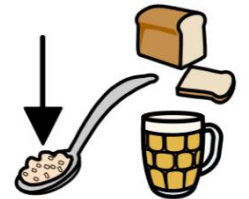
Pushing motion used with moistened flour into dough or paste with the hands

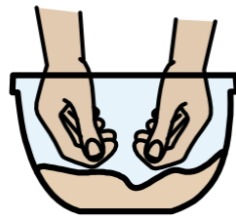


**Proof /
prove**

Activate yeast by the addition of liquid:

Knead (dough) until light and smooth.



Pestle and mortar	A traditional grinding tool made up of a bowl-shaped mortar and a club-shaped pestle. It is used to crush, grind, and mix ingredients such as spices and herbs	
grind	Reduce (something) to small particles or powder by crushing it	
rubbing	To move something back and forth	



Year 3 DT: Bread

Knowledge

- Understand that breads come in different forms and in different flavours depending on the time in history and place in the world
- Understand the main stages of the process of making bread: mixing, **kneading**, **proving**, baking (show video)
- Know that bread is an important food item across the world as it is easy to make and provides people with carbohydrates which is good for energy

Space-Related-Optional-Learning

- Understand that astronauts can-not eat bread in space because the crumbs can cause a variety of problems when they are floating around. Instead, they often eat Tortillas, as they don't create crumbs.
- It breaks apart — crumbling, into small pieces and when released into an environment without gravity, could get sucked into an air vent, get lodged, and start a fire. Crumbs can find their way into some expensive equipment and cause it to short circuit.
- Understand and know the core ingredients for bread are flour, salt, yeast, olive oil, warm water

- Understand that ingredients can be combined by **kneading**, **rubbing** in and mixing
- Know that mixing is a way of combining ingredients and know that it can include stirring and binding
- Know that **rubbing** is a technique where flour is rubbed into a fat (e.g. butter) in between fingers and thumb
- Know that **kneading** is about creating texture and developing the gluten in the flour that allows the dough to hold tiny pockets of gas, which will help with rising
- Understand that Stone Age people were hunter-gatherers. They would have hunted and killed animals for food and gathered berries, nuts and seeds.
- Understand that Stone Age people made and ate bread.
- Understand that Stone Age people did not farm wheat and corn (for flour), but instead used ground seeds such as pumpkin, sunflower and sesame and that these were used instead of wheat or corn.
- Understand that a **pestle and mortar grind** foods like seeds into small pieces.



- Know that **leavened** bread rises (due to the use of yeast) and **unleavened** doesn't rise (relate to breads tried in the previous lesson)

Quizzing

Ask your partner the questions below. Can they find the correct answer on the right-hand side?

What is the name of bread made with yeast?	Carbon dioxide
What is the name of bread made without yeast?	True
Which gas is released by the yeast which makes the bread rise?	Oxygen
Stone Age people ate bread? True or False?	leavened
What kitchen utensil is used for grinding?	False
What did stone-age people use instead of flour?	unleavened
	Pestle and Mortar
	Knife and fork
	Seeds
	Goat skin



Big Questions

1. Why is bread such an important food item across the world?
2. What is the difference between **leavened** and **unleavened** bread?
3. What are the key ingredients to make bread today?

Beat Your Adult

- How many types of bread can you name in 1 minute?
- Chose a person in you family: see who can make them the best sandwich!

Wordsearch

Word Search Puzzle

MDENOBEPTRRLSOAMVEANVBAAAN
 ORHDL LN AOPYTRATTOCODGVDNO
 BDTALRAERWADAIBTVDDLIDRPT
 RALHOVAIOETONRERAAOTEETAD
 AETTEBAWEEANLBLEELRTVKEET
 TOTELDNAYIANARRFYRLBONLRE
 RRNRNRDEALTPIBALEAVENEDLC
 OTDGTTOUBDTAYFNEVARLLAYAE
 MILGNALRFOORPNABDEMPADBDG
 DOONPLIPDEAEDREEEDBEOERET
 NDRKREEALNTVGDEAALRHNNATL
 ADENNCVMANTDIASLASNSAETAB
 ENATDAERBLAEMELOHWMUGVERA
 LRDNADGAADVDDIEBDROEOATLB
 TRAADRNRNDS DTRLRAAAIREBBO
 SMFUABGOVRLROEOSEABKRLCNR
 EAE OEDKATNOBBGRINDARONTNA
 PRNMEAVYVTBDBDOMTTBHEUEAE
 AMNCAADAERBATTIPODEARARTG
 EDNLWEGIRBRRNBEEBATFRUDTA
 TENAEBTKVLEFKLDOKNTADTBAB
 BNADEAGEVDKANRRNREPNTIEDRA
 EAROAOARDRNPRDDND D IEPENEA
 GOTELROYAATOTATTABAICBRNE
 AA EADRNODDALCAL ELGLLYABED

Leavened	Unleavened	Soda bread	Wholemeal bread
Granary bread	Pitta bread	Tortilla	Ciabatta
Knead	Proof	Pestle and Mortar	Grind

Creative Task

1. Find other bread recipes and make some more. Choose some with your favourite flavours.
2. Make a list of all the different types of bread and find out which countries they traditionally come from.



Tell a partner / an adult the definition for the missing spaces below

Vocabulary

leavened	
	Bread made without yeast or other raising agent.
knead	
	Activate yeast by the addition of liquid: Knead (dough) until light and smooth.
Pestle and mortar	
	Reduce (something) to small particles or powder by crushing it
rubbing	

