





Key Vocabulary	
dough	a mixture of flour, water, fat and yeast that is baked to make bread or pastry
crust	the hard, brown outer layer of the loaf of bread
knead	to prepare dough before baking by pressing and turning continuously
leaven	a substance such as yeast that is added to bread dough so that the bread will contain more air and the final bread will be bigger and lighter
prove	Bread is sometimes proved before it is baked. This means that the bread dough increases in size before it is baked because of the yeast in the dough.
unleavened bread	Unleavened bread is made with dough that does not contain any yeast. Therefore, the final product is flatter and heavier.

World Breads	
Australia – Damper 	Also known as 'bush bread', it was made by Australian Aborigines for many thousands of years. Damper is made by crushing a variety of native seeds into a dough and then baking on the coals of a fire (we will be using the ovens when we recreate this bread).
Europe (Wales) – Bara Brith 	Bara brith is a traditional Welsh bread product. In the Welsh language bara means bread and brith means speckled. It is a traditional bread dough with the addition of dried fruits such as raisins, currants and candied peel and spices. It is often served with butter at tea time.

Key Knowledge

The Eat well plate You will be able to name and sort foods into the five groups of **The Eat well plate**.

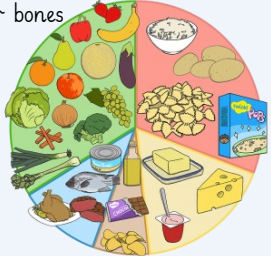
Fruit and Vegetables give us vitamins, minerals and fibre. We need these for our body to work properly.

Carbohydrates give us energy. We need this for great learning and fun break times! **Protein** helps our body to build and repair muscles after we have been thinking hard in the classroom and running around on the playground.

Dairy and alternatives give us the mineral calcium. We need this to keep our bones strong.

Fats, oils and sugary food give us energy and keep our body working smoothly. We must try to eat these less often and only in small amounts though.

Bread flour is milled from hard spring wheat, which has a higher **protein** content than the hard winter wheat used in all-purpose flour. **Protein** adds strength to dough and enables loaves of bread to rise.





Africa – Chapati 	Chapati is an unleavened flat bread eaten in East African countries like Burundi, Uganda, Mozambique and Kenya. It has a subtle flavour so it can be easily paired with almost any dish whether sweet or savoury
Asia – Cozleme 	Cozleme is a savoury Turkish stuffed flatbread. The dough is usually unleavened and made only with flour, salt and water. Once baked it is lightly brushed with oil or butter.
North America – Nava jo Fry Bread 	Fry bread was created in 1864 using the flour, sugar, salt and lard that was given to the Native Americans by the United States government when the Nava jo were living in Arizona. It is a traditional bread dough that is deep fried in oil, butter or lard.

How to accurately weigh ingredients

- Ensure that the scale is set to measure in the correct form (grams, kg, fl, oz, etc.).
- Make sure the bowl is attached securely to the scales.
- Ensure that the scale is set to 0 before any ingredients is poured into the bowl.
- Check and workout the increments that the scale measures in.
- Look carefully at what weight the needle indicates.



South America – Chipa 	Chipa is a type of small, baked, cheese-flavoured rolls. It is a popular snack and breakfast food in Paraguay. The recipe has existed since the 18 th century and its origins lie with the indigenous Guarani people.
Antarctica – Sledging biscuits 	Sledging biscuits are hard, long-life biscuits made of flour, salt, butter, water and baking soda. Sledging biscuits are popular on expeditions in Antarctica because they are high in energy. Sledging biscuits can be served with butter, marmite or cheese.