



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 rise when proving and contain more air so that 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.

## Food Groups

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 for our body to work properly.

**Carbohydrates** give us energy for great learning and fun break times

**Protein** helps our body to build and repair muscles after we have been thinking and playing.

**Dairy and alternatives** give us the mineral calcium 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.

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 helps loaves of bread to rise.



## How to accurately weigh ingredients on a scale

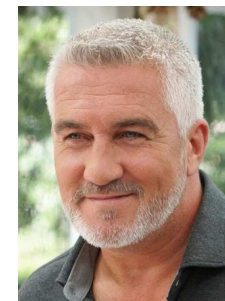
- Ensure that the scale is set to measure in the correct form (grams, kg, fl oz, etc.)
- Make sure the bowl is attached securely to the scales
- Ensure that the scale is set to 0 before any ingredients are poured into the bowl
- Check and workout the increments that the scale measures in.
- Look carefully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



## Food & Nutrition - Baking Bread

Key Designer: Paul Hollywood

- Paul's father, grandfather and great grandfather were bakers.
- Paul originally trained as a sculptor, giving him the skillful hands he would use to bake bread so successfully.
- Paul worked as a baker in many different countries, studying all of these recipes and methods.
- In 2010, Paul became famous as a judge on the reality TV show The Great British Bake Off which is still shown each summer on



## Where does our food come from?

All food has to be farmed, grown elsewhere or caught.

- **Farmed:** Some food comes from farms, like milk from cows or eggs from chickens.
- **Grown elsewhere:** Fruit and vegetables grow in the ground or on trees, like carrots or apples.
- **Caught:** Fish and seafood are caught in rivers like salmon or the sea, like tuna or crabs.

