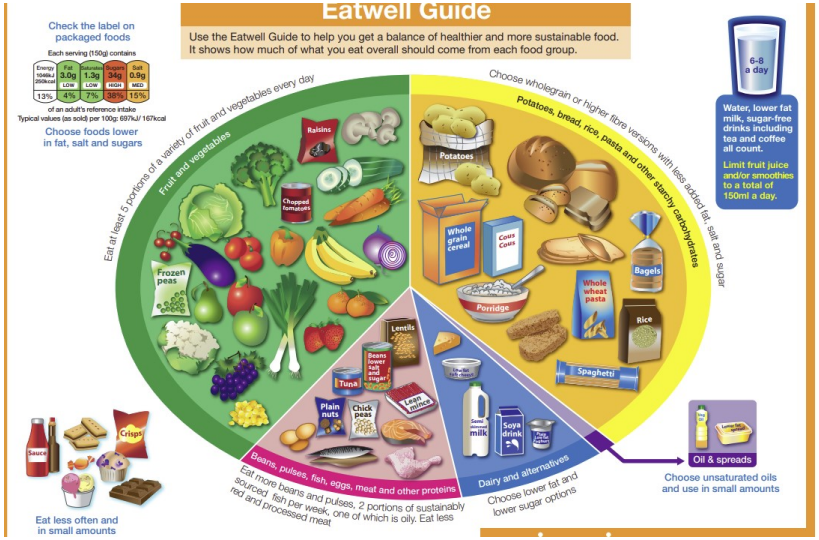
Making Bread (Cooking and Nutrition)

We are learning to bake and shape our bread product.



There are 5 different food groups which will need to consider using the Eatwell guide to ensure we have a balance diet. Bread is a carbohydrate and can be eaten as part of a healthy balanced diet.

What have we already learnt?

The children in KS1 learnt about a healthy diet, focusing on fruit and vegetables. They learnt about the 5 main food groups. We have made a healthy fruit salad and sandwich in KS1.

Bread is made from flour which comes from wheat, which is grown and harvested in the Autumn.

To prepare food hygienically there are rules we need to follow.

Kneading the bread activates gluten which helps the bread to rise when cooking.

Vocabulary	Definition
mix	To put different things together to make something
knead	To press and stretch dough when making bread
yeast	An ingredient which makes bread rise
dough	A mixture of flour and water to make bread
ingredients	One of the things you use to make something when cooking
Savoury	Having a salty flavour rather than a sweet one
harvest	The gathering and cutting of a farm crop when it is
combination	A mixture of things.
Original	Something that is not a copy, it is unique.