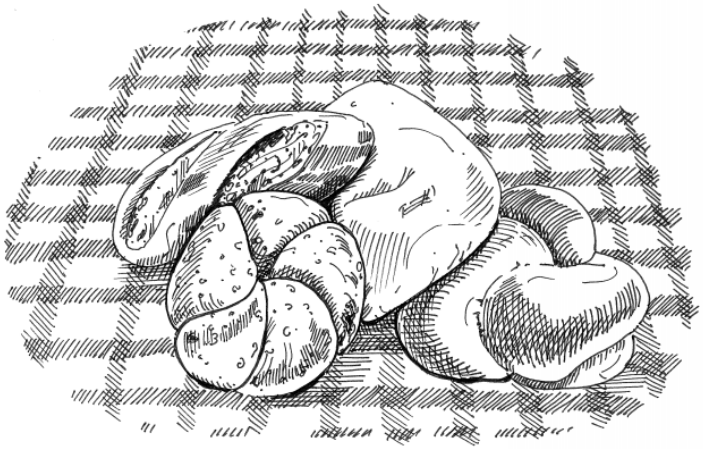
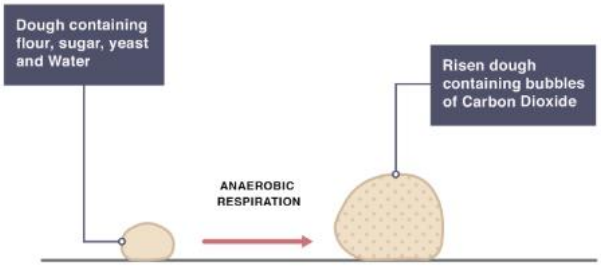
UKS2 Cookery- Baking Bread

Key Vocabulary	
Hygiene	Practices that maintain health, especially through cleanliness.
Taste	Ingredients can compliment each other to give a pleasant or contrast together and create an unpleasant taste.
Health benefits	How food helps the body in growth and development.
Aesthetic	Concerned with how good something looks or the appreciation of it.
Audience	Who the project is intended for.
Sensory evaluation	Evaluating food products in terms of the taste, smell, texture and appearance.
Preference test	Trying different foods and deciding which you like best.
Knead	To work moistened flour into dough with the hands.
Dough	A thick, mouldable mixture of flour and liquid, used for baking into bread.
Yeast	Cells that are capable of converting sugar into alcohol and carbon dioxide allowing bread to rise.

Design	
Designing a recipe	Design a few simple recipes that include: ▪ Ingredients (what you need and how much) ▪ Consider what interesting ingredients you could include within your recipe for example chillies, herbs or cheese, to give it an extra twist. ▪ Method (what to do including kneading and proving the bread).

The Project	
Introduction	This project focuses on the science as well as the practical aspect of baking bread and the wide varieties that are available.
Purpose of Project	The bread baked will be used as part of promoting health eating and the food fair at GVP.



Research	
How bread rises	One of the key ingredients of bread is yeast a micro-organism or 'small living thing'. When yeast is dry, it is dormant (sleeping). When warm water is added to the yeast, it comes to life and produces gas called carbon dioxide. When the yeast is in the bread dough, the gas creates bubbles in the dough which make it rise. 
Types of bread and their health benefits	*White bread* is made from flour that contains only the endosperm of the wheat grain (about 75% of the whole grain).  *Wholemeal bread* is made from the whole of the wheat grain with nothing taken away.  *Brown bread* is made from flour from which some bran and wheatgerm is removed (it uses about 85% of the whole grain). 

Make

Measuring Ingredients

When using a set of scales, either electric or otherwise, make sure it is set to 0G when **just** the measuring bowl is on it.

Otherwise the total will include the weight of the measuring bowl and skew your measurements

When measuring water, ensuring it is exactly on the line and pour away and excess.

Kneading the dough

When flour is mixed with water this makes gluten. Kneading develops the gluten and makes the dough stretchy and elastic.

1.Lightly dust the work surface with plain flour.

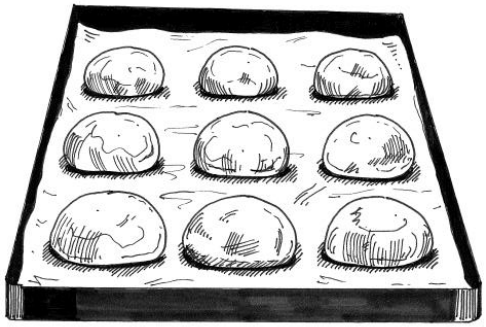
2. Lay your room-temperature dough on the surface.

3. Stretch it away from you with the heel or knuckles of one hand and fold it back over the top towards you.

4. Repeat the stretch and fold process again and again for 10 minutes. The dough is kneaded enough when your hands are fairly clean of flour and dough residue. This is because the dough has absorbed the water and is therefore drier.

Shaping and Proving

When the dough is ready, shape the dough into your desired pattern or shape and leave it to prove (where the dough is allowed to rest and rise a final time before baking).



Evaluate

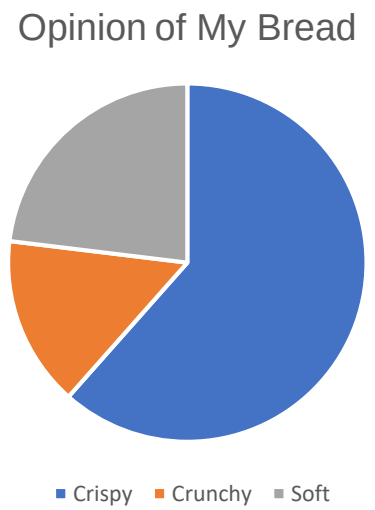
Creating a Sensory Test

To give a greater accuracy and effective evaluation use a sensory test that several children can complete that include a range of criteria. They must be clear so children can complete them quickly.

Type of cultural/seasonal food product	Appearance	Smell	Texture	Taste
Savoury scone	Golden/rough	Fresh/baked	Crumbly	Cheesy

Display the results

To give a visual representation use a pie chart to help determine how much children like your bread as well as bar graphs to outline what was the common opinion on appearance, smell etc.



Referencing Professionals

As you reflect on your own progress in baking and utilising your skills, reference other known and influential bakers who have stirved for health and excellence in their own profession.

Nancy Silverton

Lionel Poilâne

Chad Robertson