

Cooking: Bread

Curriculum Coverage:

- Use the basic principles of a healthy and varied diet to prepare dishes
- Understand where food comes from.

Key Facts:

- A healthy diet includes all components of the Eatwell Guide and ensures these are eaten in a balance.
- Kneading allows the dough to become stretchy and smooth, trapping air inside.
- Bread must be allowed to rise and increase in size before it is baked.
- Yeast is used for making bread as it allows the dough to rise by producing air (gas).

Key Skills:

- Understand and follow a detailed recipe for bread/rolls.
- Understand and follow the necessary hygiene rules needed for food preparation as well as the safety requirements of using tools and cooking.
- Develop and successfully complete practical cooking skills such as weighing, mixing, kneading and shaping.
- Research and test a variety of fillings for sandwiches/rolls to ensure a healthy balanced lunch.
- Test the final product and write brief annotations on its taste, texture and appearance.

Possible experiences:

- Visit a bakery.
- Picnic with their rolls/sandwiches.



Key Vocabulary

Bake	To cook food in an oven.
Recipe	Instructions for making food.
Knead	The action of pressing and folding dough with your hands.
Hygiene	Keeping yourself and the surroundings clean for food.
Preparation	Getting things ready for cooking.

We should already know:

- The differences between fruits and vegetables and how to cut and prepare them.
- Basic hygiene rules when working with food and ingredients.
- What a recipe is.