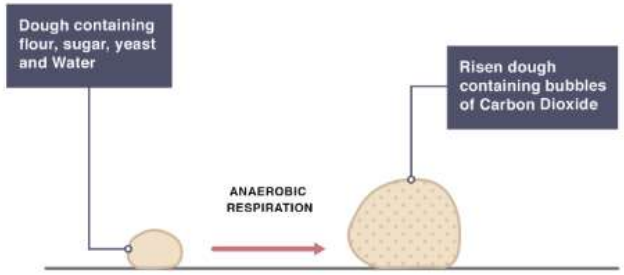
Research

The Science behind Bread

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.



Different Types of Bread

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).

Which is healthiest for us?

UKS2 *Cookery*- Baking Bread

This project focuses on the science as well as the practical aspect of baking bread and the wide varieties that are available.

Purpose of the Project: The bread baked will be used as part of promoting health eating and the food fair at GVP

Image of outcome

On a checked table cloth a range of different breads that are sliced including rolls, baguettes and loaves

Key Vocabulary and Design Criteria

Hygiene- Practices that maintain health, especially through cleanliness.
Health benefits- How food helps the body in growth and development
Aesthetic- Attractive design
Audience- Who the project is intended for
Texture – how the product feels in the mouth.
Sensory evaluation - evaluating food products in terms of the taste, smell, texture and appearance.
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

After research different bread recipes decide on the recipe and add a few different extra ingredients that would give the bread a twist.

Make

In this project you will learn how to:

- Measure ingredients correctly using scales
- Knead the dough using your hands in a grab and roll motion
- Divide the dough mixture into consistent proportions to maximise the dough

Image

Kneading dough

Image

Water in a measuring jug

Bowl of flour on scales

Image

6 equal balls of dough on a baking tray

Evaluate

To help you evaluate your project you will learn how to:

- Create a sensory test for parents to complete once they have tried your dish
- Display your results in a bar chart to evaluate your meal and consider how it could have been improved.
- Reflect on how you worked as a team
- Understand how key chefs have influenced eating habits to promote varied and healthy diets

	Appearance	Smell	Texture	Taste
Savoury scone	Golden/rough	Fresh/baked	Crumbly	Cheesy