



What should I already know?

- A healthy diet includes a balance of proteins, carbohydrates, fruit and vegetables.
- Food can be grown, caught or reared.
- Recipes can be adapted by using different ingredients.
- Ingredients must be measured accurately.
- How to peel, chop, slice and mix.

What will I be able to do by the end of this unit?

Design:

- Evaluate different ingredients.
- Adapt a recipe to create my own bread.
- Draw and label a cross-sectional diagram

Make:

- Weigh and measure ingredients using scales.
- Choose the correct equipment for the task.
- Use a range of cooking skills such as sieving, **kneading** and chopping.

Evaluate:

- Consider the strengths of my product and how it could be improved.
- Listen to the feedback of others.
- Make improvements to the recipe and make a

Health and Safety

- Knives must be carried pointing downwards with a firm grip on the handle.
- Peelers and graters are sharp. Keep fingers away from the sharp edges.
- Use oven gloves when removing items from the oven and always do this with an adult.

Diagrams and Images

Kneading

- Sprinkle flour on the table to stop the **dough** sticking.



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



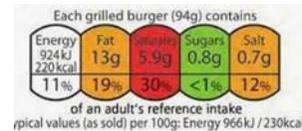
- Repeat until the **dough** is drier and less sticky.

What will I know by the end of this unit?

Technical knowledge:

Foods contain different amounts of carbohydrates, fats, protein, vitamins and minerals.

Nutritional information is shown on packets using the traffic light system.



Breads from all over the world come in a variety of different **flavours** and **textures** but all have a similar basic recipe.

Adapting a recipe changes the taste, **appearance** and **texture** of a food.

Vocabulary

appearance	the way that something or someone looks
aroma	smell
carbon dioxide	gas released inside the bread which enables it to rise
crust	the tough outside layer around the bread
dough	uncooked mixture of ingredients, used to make bread, cakes or pastry
flavour	what the bread tastes of
knead	to press firmly and repeatedly with your hands
prove	leaving the bread in a warm place to give it time to rise
texture	the feel or consistency of a surface or object
yeast	a tiny fungus which produces carbon dioxide inside the bread

Design and Technology: Skills and Enquiry

- Who is your bread designed for? How will this affect the ingredients you use?
- How are breads from different cultures similar and different?
- Which equipment did you choose to use when cooking? Why?

