

Design Brief

To design and make my own bread

From seed to shelf



Wheat is sown (seeds are planted) in autumn.



In spring, the plants grow very fast. The grain ripens and is harvested in summer.



The grain is dried and stored in silos, where the grain is then cleaned and impurities are removed, ready to be milled.



The grain is then milled, and sieved to form fine flour.



Yeast and water are added to make a dough. The dough needs to proof and to rise before being baked.



The end result, after baking in the oven, is bread!

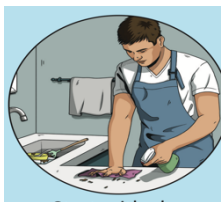
Staying safe in the kitchen



Wash your hands before and after touching food.



Make sure long hair is tied back.



Start with clean surfaces, utensils and cutlery.



Wear a hairnet or cap.

How else can we stay safe in the kitchen?

Ideas to think about...

- Where does flour come from?
- What are the main ingredients to make a basic bread?
- What journey does bread go on before it gets on supermarket shelves?
- What is the UK's main bread product supplier?
- What different types of bread are there, and do they vary in different countries or cultures?

Vocabulary Dozen

Flour	A powder formed by grinding grain, typically wheat, and used to make bread, cakes and pastry.
Yeast	Tiny one-celled organisms which is an essential ingredient in baking.
Bread	A food made of flour, water and yeast mixed together and baked.
Wheat	A type of grain which is ground to make flour.
Crops	A plant that is grown and harvested.
Pesticides	A substance used for destroying insects or other organisms harmful to crops.
Fertiliser	Fertilisers contain nutrients that can be added to soil to help make plants grow bigger and stronger.
Harvested	The process of gathering crops.
Grain	Grains are types of grass that produce seeds that can be eaten. They are also called cereals.
Knead	To work dough into a uniform mixture by pressing, mixing, folding and stretching.
Proof	A step in the preparation of yeast bread and other baked goods which allows the dough to rest and rise.
Dough	A thick, malleable mixture of flour and liquid, used for baking.