



BREAD



Key Vocabulary

Gluten	A protein found in wheat flours, that make doughs elastic.	
Yeast	A microorganism that is used as a raising agent in baking. Requires food, warmth, time and moisture to release carbon dioxide.	
Kneading	Stretching the dough to develop the gluten and create an elastic dough.	
Proving	The dough is left to rise to allow the yeast to ferment.	
Fermentation	The process of fermentation is where yeast is given food, time, warmth and moisture to grow and produce carbon dioxide gas.	
Knocking back	When you knock back a dough you are creating a evenly textured dough by releasing some gas before leaving to prove again.	
Baking	During baking the heat sets the gluten and stops the yeast from working which allows the bread to set and hold its shape.	

What is Bread?

Bread is a staple food product eaten all over the world. It is one of the oldest known prepared foods. During Neolithic times, farming and agriculture developed rapidly and bread making became an important source of food. Different grains were used, and leavening processes were developed to allow bread to rise before and during baking. Many early breads were unleavened (meaning no yeast or raising agent is present).



Design Process

Research: Investigate and analyse a range of existing products. Taste a wide variety of different types of bread. Find a recipe to replicate.

Design: Generate, develop, model and communicate ideas through discussion, sketches, pictures via a mood board.

Make: Use a range of tools and equipment to perform practical tasks accurately. Using measuring, mixing, kneading, knocking back and baking.

Evaluate: Evaluate ideas and products against a design criterion and consider the views of others to improve your work. What would you change or do differently?

