

Year 2 – Bread Making  
Food technology

Design brief: To design and make a bread. Children need to consider the different textures, smells, appearances and flavours.



Preparing and Cooking processes

Preparing processes are the different ways that we can get food ready to be eaten.

**Mixing** is to blend ingredients together using a spoon, blender or whisk.

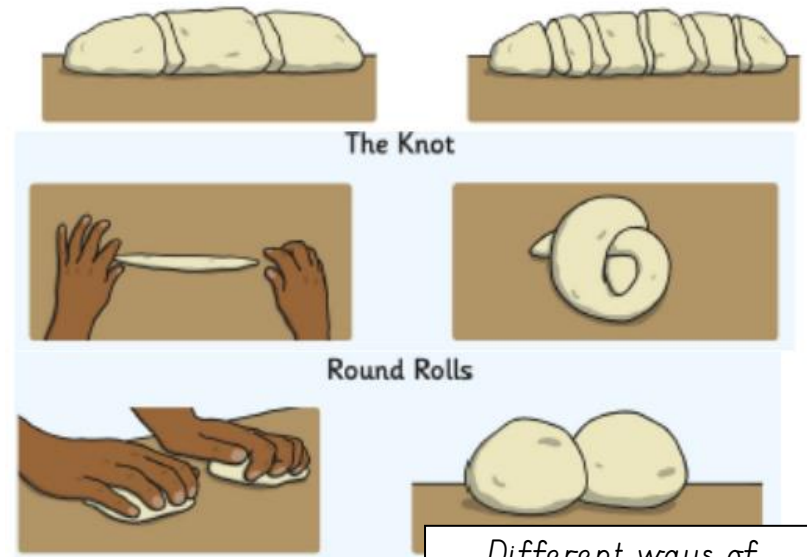
**Weighing/measuring** is to get the right amount of an ingredient, using scales, tablespoons or teaspoons.

**Kneading** is a process in the making of bread dough, used to mix the ingredients and add strength to the final product. Its importance lies in the mixing of flour with water. The kneading process warms and stretches these gluten strands, eventually creating a springy and elastic dough.

**Proving** is a step in the preparation of yeast bread and other baked goods where the dough is allowed to rest and rise a final time before baking.

Cooking process are the different ways that we heat food before it is eaten.

**Baking** is to cook something in a heated oven. Make sure you select the right temperature! To make bread we **bake** it in an oven.

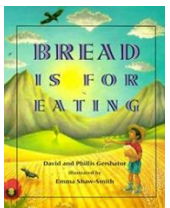


Different ways of shaping bread

<https://www.bbc.co.uk/bitesize/clip/zywrkqt>  
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Health and safety!  
Wash your hands and utensils with hot water and soap before and after baking!

Books to support our learning



Ingredients



- Ingredients**
- A 1.5 kg bag plain flour
- 2 sachets dried yeast
- 900ml warm water (1/3 hot mixed with cold)
- 1 dessert spoon caster sugar
- 1 dessert spoon salt

Equipment

