



Year: 6

Subject: Design and Technology (DT)



Title:
Celebrating seasonality – Food

Bread – celebrating culture



What key knowledge do I need to have before this unit?

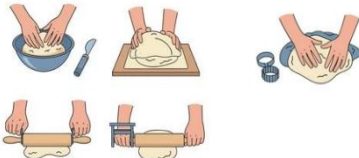
A healthy diet includes a balance of proteins, carbohydrates, healthy fruit and vegetables.
Food can be grown, caught, processed or reared.
Recipes can be adapted.
Ingredients must be measured accurately.
How to peel, chop, slice and mix.
An awareness of basic food hygiene.

Key outcomes:

What I need to know by the end of this unit of work:

Technical knowledge:

Sweet and savoury ingredients can be added to the mixture before baking or as a topping after baking.
Different breads are made for different purposes.
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.
What is the impact of ingredient choices on nutrition and health?



Key outcomes:

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

Design:

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

Make:

- Weigh and measure ingredients using scales.
- Choose the correct equipment for the task.
- Use a range of cooking skills such as scales, sieving, Kneading, rolling out, cutting/shaping.

Evaluate:

- Evaluate bread against my own design criteria.
- Consider the strengths of my product and how it could be improved.
- Listen to the feedback of others.
- Reflect on how my bread could be improved

Key knowledge:

Bread is one of the oldest and most widely eaten foods in the world. Different ingredients and methods create a variety of breads with different textures, flavours, and appearances.
There are many types of bread, some of these are:
White, wholemeal, brown, sourdough, bagels, brioche, ciabatta, focaccia, naan, and flatbreads.
The bread-making process begins by mixing flour, water, yeast, and often salt. The dough is then kneaded to develop gluten, which gives bread its structure. Next, the dough is left to rise as the yeast produces gas bubbles, causing it to expand. After shaping, the dough is left to prove again before being baked in an oven. During baking, the bread develops its crust, colour, flavour, and soft interior.

Key Vocabulary:

Yeast
Knead
Dough
Prove
Crust
Cutting/shaping
Combine
Stretchy
Savoury
Sweet

Definition:

A tiny living fungus used as a raising agent that produces carbon dioxide gas to help the bread rise.
To press, stretch, and fold dough with your hands to develop the gluten and make the dough smooth and elastic.
An uncooked, thick mixture of flour, water, and yeast before it is baked.
Leaving the shaped dough in a warm place to rest and rise via fermentation.
The firm, cooked outer layer of the bread.
Using cutters or knives to shape the bread.
Mix together.
To able to stretch or to be stretched easily.
Ingredients that taste salty or spicy rather than sweet.
Ingredients that contain sugar or taste similar to sugar.

Bread comes in all different **shapes**.

	stick, e.g. baguette		round, e.g. bagel
	braided, e.g. challah		flat, e.g. pitta
	knotted, e.g. pretzel		