In **DT** we are learning about… Food – Can you make bread to eat at a Viking feast?

Key vocabulary

Mixing: to blend ingredients together, using a spoon, blender, or whisk.
Weighing/measuring: to get the right amount of an ingredient, using scales, table/teaspoons
Finishing – related to the appearance of the product – shape, decoration and colour
Rubbing in – rubbing the dry ingredients together with the fat, lifting to put air into the mixture, so that it resembles fine breadcrumbs.
Knead – pulling and squeezing dough to make it smooth.
Yeast – a tiny plant which makes bubbles of carbon dioxide when mixed with flour and warm water.
Unleavened bread – flat bread where yeast has not been added.
Adding/ substituting: changing the taste of food by adding or replacing ingredients.

Sticky knowledge

- During Viking times, bread was a staple food, often ate with soup and stews.
- Bread is made from dough.
- Grain is a food that is grown and it is ground into flour using large stones.
- The flour is mixed with water and a product called yeast, to create a dough.
- This is covered ad left for 1 hour – this is called proving and the yeast makes the dough rise.
- The dough is then shaped and put into the oven, where it bakes into bread.
- The purpose of kneading bread is to strengthen the gluten (the protein in grain such as wheat)
- This makes the dough smooth and elastic and hold its shape.
- The bread rises even more when you bake it in the oven.
- Bread is a savoury product which means it has a salty or spicy taste rather than a sweet taste.

Key Designers

Paul Hollywood – The Great British Bake Off
Mary Berry
Nigella Lawson

Rubbing in to mix fat and flour if making a yeast-based product

Kneading a bread dough

Links to previous learning

- Mixing ingredients to make cakes and biscuits
- Bread is a carbohydrate and carbohydrates give us energy
- Knowledge that you bake cakes in the oven and they rise
- The oven is hot and you need to be careful and an adult

Characteristics needed for this topic:

- Concentration
- Resilience
- Problem Solving

Aspirations

- Bakery Store Owner
- Baker
- Cake Maker/Decorator
- Baking Operative
- Pastry Chef