

# 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