

Making Bread

Design and Technology KS1 Year 1



Making Bread

**Design and
Technology**

**Key Stage 1
Year 1**

Learning Objectives:

- plan, make and evaluate bread

Curriculum Links:

The Design, Make and Evaluate aspects are covered:

Cooking and nutrition

- use the basic principles of a healthy and varied diet to prepare dishes
- understand where food comes from

Before this lesson, **you will need** to have prepared ingredients for the bread you choose to make in the lesson.

Keywords

Bread. Yeast. Flour. Vitamins. Minerals. Wheat. Carbohydrate. Protein. Ingredient.

These can also be found at the end of this PDF.

Bread

Wheat

Flour



PowerPoint Presentation

The accompanying PowerPoint has 15 slides with the following learning points:

- Slides 1 and 2 introduce the lesson and the learning aim.
- Slide 3 sets up that this follows the last lesson, when the children learnt about bread. Now they are making their own!
- Slide 4: We have offered a choice of three bread recipes, chapati, soda bread or bread rolls. These were chosen as being quick and straightforward, although the bread rolls may take a little longer. The ingredients and method are on the PowerPoints. They are also supplied on the following pages of this PDF.
- Slides 5 and 6: Safety first! Reminds the children that the adult will be handling anything hot (the oven or a frying pan). It also reminds them that they must wash their hands before handling food.

Activity - Making bread

- Slides 7 and 8: making chapatis
- Slides 9 and 10: making soda bread
- Slides 11 and 12: making bread roll

Activity – Designing

- Slide 13: Ask the children to design a poster or packaging to promote their bread, using their knowledge from the planning stage. They could draw a picture or label and write a simple sentence.
- Slide 14: Evaluate. The children get to eat their bread! Ask them to taste their bread, and to discuss the flavour and texture. Compare the breads across the class.
- Slide 15 is the closing slide.



Making Chapatis

You will need:

The ingredients, large bowl, wooden spoon. A frying pan.

Ingredients

450g wholemeal flour (or chapati flour)

1½ teaspoons table salt

300ml water in a jug

Method

Stir the flour and salt in a bowl.

Add the water and stir it into the flour and salt.

Using your hands, knead the dough for a few minutes until smooth.

Knead the dough again on a work surface. Roll each piece into a ball.

Rest for a few minutes.

Roll out the dough balls until they are very thin.

Chapatis are cooked in a frying pan - **Be clear that this is to be done only by the teacher, teaching assistant or other adult.**

Fry 30 seconds on each side.



Making Soda Bread

You will need:

The ingredients, large bowl, wooden spoon. Oven (to be handled by teacher/adult only) set to 200°C/180°C if fan oven.

Ingredients

450g plain flour
450g wholemeal flour
2 teaspoons of soft brown sugar
2 teaspoons of bicarbonate of soda
500g full-fat yoghurt
350g full-fat milk

Method

Put the white and wholemeal flour in a large bowl.
Stir in the sugar, bicarbonate of soda and sea salt.
Make a well in the centre.
Mix the yoghurt and milk in a large jug until smooth.
Pour 1/5 of the mixture into the well and mix.
Keep adding the liquid into the flour until all the liquid and flour is combined.
Use your hands and kneed the dough for a few minutes.
Divide the dough into portions.
Place on a floured baking tray.
Brush the rolls with a little milk and bake for 25-35 minutes.



Making Bread Rolls

(This may take slightly longer than the lesson, so you may need to plan when the children can eat their bread!)

You will need:

The ingredients, mixing bowl, wooden spoon, baking tray. Oven **(to be handled by teacher/adult only)** set to 220°C/200°C if fan oven.

Ingredients

500g strong flour
2 teaspoons of salt
14g fast action dried yeast
2 teaspoons of sugar
300ml warm water
Butter/margarine/vegetable oil for greasing

Method

Put the flour and salt into a mixing bowl.
Add the yeast and sugar. Mix well.
Make a well in the middle.
Add the warm water.
Mix to form a soft dough.
Tip into a floured surface.
Knead for 10 minutes
Divide the dough into 8 pieces.
Shape into rolls.
Place the rolls onto baking tray
Allow to prove for 30 minutes in a warm place.
Bake for 10-15 minutes.



Other link ideas

Ask the children to write simple instructions for making bread.

Useful links

Making Chapatis

https://www.bbc.co.uk/food/recipes/chapatis_94619

Making Soda Bread

https://www.bbc.co.uk/food/recipes/soda_bread_rolls_28320

Making Bread Rolls

<http://www.bbcgoodfood.com/user/7392016/recipe/bread-rolls>



Making Bread: Keywords Flashcards



Bread

Yeast

Flour

Vitamins

Minerals

Wheat

Carbohydrate

Protein

Ingredient



Bread



Yeast



Flour



Vitamins



Minerals



Wheat



Carbohydrate



Protein



Ingredient

