



What should I already know?

- I can gather information about the needs and wants of particular individuals and groups
- I know how to use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking
- I know that a healthy diet is made up from a variety and balance of different food and drink, as depicted in The Eatwell Plate

What will I know at the end of the unit?

- To be able to evaluate different types of bread according to their characteristics
- To know how bread products are an important part of a balanced diet and can be eaten in different ways
- To know which ingredients are needed to make bread and how you can alter ingredients to create different effects
- To have designed a new bread product for a particular person or event
- To have made bread based on a plan or design
- To have evaluated a finished product

Key Vocabulary

Characteristics
Types of bread – pitta, naan, baguette, bagel, soda, chapatti
Senses
Hygienic
Balanced diet
Carbohydrate
Ingredients
Yeast
Knead
Rise / prove

Progression through unit

Designing

How much bread do you eat?

Did you have bread for breakfast?

Yes No

If yes, what kind of bread and how much?

Type	Amount

Did you have or will you have bread for lunch?

Yes No

If yes, what kind of bread and how much?

Type	Amount

How many people had bread for breakfast? _____

What kind of bread was most popular for breakfast? _____

How many people had bread for lunch? _____

Which kind of bread was most popular for lunch? _____


Why do you think this type of bread was most popular? _____

What does this information tell you about how much bread people eat? _____


I can carry out research, using surveys, interviews, questionnaires and web-based resources

Cooking and Nutrition


You could twist the dough into different shapes.




You could add finishes to the top of your bread, such as seeds, flour or sugar.



You could add other ingredients to the basic mix, such as onion, cheese, fruit, sugar, seeds or nuts.



You could use different types of flour to make white, wholemeal or granary bread.



I know that recipes can be adapted to change the appearance, taste, texture and aroma

Éric Kayser



I can understand how key events and individuals in design and technology have helped shape the world.

Cross curricular links.

Science – Reversible and Irreversible Changes



Recommended books

