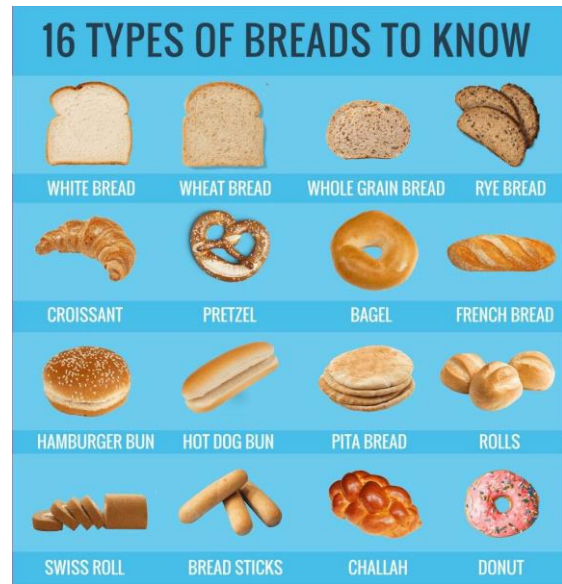
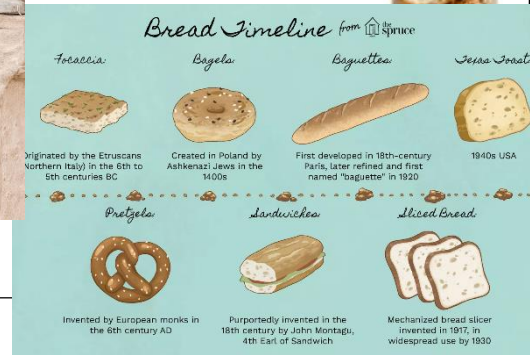


Mexborough St Johns DT Knowledge Organiser: Food and Nutrition- Bread Y3

Types of Breads:



Faults	Cause
Lack of volume, heavy and closed texture.	Dough is too tight due to insufficient liquid. Too much salt added. Not enough yeast. Dough over fermented, causing the gas pockets to break down. Low gluten content due to incorrect flour used. Insufficient Kneading or proving given.
Dough collapsing when placed into the oven.	Over proving
Lack of crust colour	Dough over fermented. Lack of salt. A hot dough and/or skinning during final proof will certainly cause lack bloom and healthy crust colour. Oven to cool
Uneven texture with holes and crust breaks away.	Too hotter oven. Insufficient proving. Dough left uncovered during proving and surface dried out.



Key Skills and Knowledge:

- All things are designs with specific purpose and audience.
- Designs and prototypes need to be evaluated and adapted based on need.
- Have you kneaded the dough for long enough?
- Does the dough need time to prove?
- Will your bread need yeast?
- Will your bread have a flavour or texture?
- How will the bread be baked? Will it need a tin, baking tray, fried in a pan?

Vocab:

- Bread:** Food made from flour, water and yeast and then baked.
- Yeast:** Microscopic fungus capable of turning sugar into alcohol and carbon dioxide.
- Dough:** A thick, malleable mixture of flour and liquid.
- Knead:** Squeezing and stretching the dough to help produce gluten.
- Bake:** To cook by dry heat.
- Proving:** When the yeast produces carbon dioxide gas which causes the dough to rise when left.
- Gluten:** Protein found in flour that gives it its stretchy characteristics.
- Leavened:** Bread made with yeast.

Nutrition:

Bread is part of a healthy diet. It contains carbohydrates that that provides your body with energy.

Different breads have different nutritional value. Baked breads are healthier than those fried.

Although breads are a good source of carbohydrates, they should be eaten as part of a balanced diet as some contain more sugars and fats than others, such as bagels and tortillas.

Mentionable Breads and People:

Bread has been around since 8000 BC! The grain would have been crushed by hand with a pestle and mortar and mixed with water. Bread was unleavened because there wasn't yeast available at the time.

Yeast wasn't added to bread for over 6000 years!

Bread were originally cooked over fire until the first ovens were made, which appeared in Croatia 6,500 years ago.

Now we just have to nip to the corner shop!