



## Key Questions

How can we shape bread?  
How are patterns on bread made?

nutrition



product



user



innovation



evaluate



design criteria



iterative process



## Key Knowledge

Bread is a staple food. There are many ways to bake different types of bread. The type of flour can be changed, as different countries grow different grains.

Bread can be made sweet or savoury by adding different ingredients to the flour or dough. Sweet ingredients could include honey, apple or cinnamon. Savoury ingredients could include cheese, walnuts or rosemary.

Kneading means to work the dough with your hands. We knead the dough to help strengthen the texture of the bread, helping the rising process.

### The Kneading Process



Use the heel of your hand to push the dough forward and away from you.



Grab the edge of the dough, fold it back over onto itself, and pull it toward you.



Rotate the dough a quarter turn and repeat the process for 8-10 minutes.

## Key Vocabulary

## Meaning

|                 |                                                                                       |
|-----------------|---------------------------------------------------------------------------------------|
| market research | a way of gathering information about the needs and preferences of potential customers |
| yeast           | an ingredient that helps bread to rise                                                |
| prove           | the process of leaving dough to rise to increase its size                             |
| pioneer         | the first people to develop an idea or product                                        |
| raising agent   | an ingredient which helps dough to rise                                               |
| dough           | a mixture of flour, water and other ingredients before baking                         |

## Did you know

To make certain types of bread, **yeast** can be added as a **raising agent** during the dough-making process to help make the dough rise.



- **Yeast** is a type of fungus and can be bought from a supermarket.

- **Yeast** produces a gas called carbon dioxide which helps the bread to grow fluffy and light.

- **Yeast** works by feeding on the sugars found in flour and is activated when mixed with water.

[Click the yeast for a bread-making recipe.](#)