



## Bread

Bread is one of the oldest prepared foods that people eat. In its basic form it is made of flour and water mixed to make a dough. Over time yeast has been added to make bread rise and become lighter.

Bread can be baked, steamed or cooked on a hot plate or stone. Bread is also part of many religious festivals.

## Types of bread

There are two main types of bread:

**Leavened Bread**— Made by adding yeast to the dough which produces a gas to make the bread rise and be lighter.

**Unleavened Bread**—No yeast is added so the bread is denser. This type of bread is often flat and round like chapattis and tortilla's.

Bread can be very versatile. There are many things that you can add to bread to add to the taste. It can be made from different types of flour which also adds to the taste and also impacts on how healthy it is. It can be formed into lots of different shapes. You can add seeds on the surface to decorate it. Bread can be cooked in different ways and again this can impact on how healthy it is.



White bread Wheat bread Whole grain bread Rye bread



Pretzel



Rolls



Breadsticks



French bread /baguette



Bagels



Within a healthy diet, humans need to eat a mix of different foods. This includes carbohydrates. Bread provides this. Carbohydrates help the human body produce glucose which we need to keep our brains healthy. But there are good carbohydrates and bad ones. Whole wheat bread provides good carbohydrates and white bread is less good for you so must be eaten in smaller amounts.



## Key Vocabulary:

**Equipment** - the necessary items for a particular purpose.

**Ingredients** - any foods needed to be combined to make a dish.

**Recipe** - a set of instructions for preparing a particular dish.

**Weigh** - find out how heavy is, typically using scales.

**Mix** - combine or put together to form one substance or mass.

**Knead** - work (moistened flour into dough or paste with the hands)

**Dough** - A paste made by mixing flour and water.

**Yeast**- A sugar eating fungus that creates carbon dioxide. This makes bread swell or rise.

**Prove**- The swelling or rising of dough before cooking.