



Design Brief

Design, make and evaluate the making of flat bread.

Key Vocabulary

flatbread	A type of flat, thin bread that is typically unleavened.
flour	A powder made by grinding grain, typically wheat, and used to make bread, cakes, and pastry.
knead	To press the dough, firmly and repeatedly with the hands to add strength.
gluten	A mixture of two proteins present in cereal grains, especially wheat and barley which is responsible for the elastic texture of dough.
approximately	Used to show that something is almost, but not completely, accurate or exact; roughly.

Key Skills

- Evaluate different ingredients.
- Adapt a recipe to create my own bread.
- Weigh and measure ingredients using scales.
- Choose the correct equipment for the task.
- Use a range of cooking skills such as sieving, kneading and chopping.



What I Should Already Know

- A healthy diet includes a balance of proteins, carbohydrates, fruit and vegetables.
- Food can be grown, caught or reared.
- Recipes can be adapted by using different ingredients.
- Ingredients must be measured accurately.
- How to peel, chop, slice and mix
- Knives must be carried pointing downwards with a firm grip on the handle.



Key Information

- Bread is a staple food product eaten all over the world. It is one of the oldest known prepared foods. There is evidence from 30.000 years ago of starch residue on rocks indicating that a flour has been made.
- During Neolithic times, farming and agriculture developed rapidly and bread making became an important source of food.
- Different grains were used, and leavening processes were developed to allow bread to rise before and during baking. Many early breads were unleavened (meaning no yeast or raising agent is present).
- Flatbread is unleavened bread, which is made without yeast. Flour, water, and salt are the main ingredients. It's rolled out flat and cooked.

Links to other Learning

- History - Stone Age
- Food is mainly taught through:
 - D & T : Cooking and nutrition all year groups
 - Science
 - Personal, Social, Health and Economic education (PSHE)
- Maths - measures
- English - instructions
- Health Schools Week

Key Questions

- Appearance/aesthetics - how will your final product smell, taste and feel?
- Cost - what research did you undertake beforehand?
- Customer - who is your target market? Environment - are any ingredients or stages in production good or harmful to the environment?
- Size - portion - how big or small will it be?
- Safety - will it be safe to be eaten by everyone? Where/how can your food be stored/preserved?
- Function/purpose - what nutrients will it provide?
- Materials - what ingredients will you need?
- Manufacture - What techniques did you use when producing your food? How could you adapt your food if making it again in the future?

