

FOOD TECHNOLOGY: BREAD – RED SQUIRREL CLASS

Key Vocabulary

dough	A thick mixture of flour and other ingredients that turns to bread when baked
knead	To prepare dough by stretching and folding it.
yeast	An ingredient that helps bread to rise
shape	The process of moulding bread to create a desired design
sweet	Ingredients that contain sugar or taste similar to sugar.
savoury	Ingredients that taste salty or spicy rather than sweet.
prove	The process of leaving dough to rise to increase its size.
market research	A way of gathering information about the needs and preferences of potential customers.
pioneers	The first people to develop an idea or product.

Food Hygiene

- Wash your hands.
- Remove jewellery and nail varnish.
- Roll up your sleeves.

Warburtons

- Warburtons were pioneers in British bread production.
- The company was founded by Thomas and Ellen Warburton in 1876 in Bolton, United Kingdom.
- It began as a small bakery, making and selling loaves of bread.
- Since then, the business has grown, producing over 2 million products a day.



Sweet or Savoury

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.



How to Knead Dough

1. Lightly flour your working surface.
2. Make your dough into a loose ball shape.
3. Using your knuckles or the heel of your hand, stretch the dough away from you.
4. Fold the dough over the top towards you.
5. Repeat steps 3 to 4 until your dough feels smooth and springy.

Shapes of Bread

Bread comes in all different shapes:



Stick e.g. baguette



Braided, e.g. challah



Knotted e.g. pretzel