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| *Highgate Community Primary School Year 3* ***Design and technology: Food – Healthy and varied diet*** |
| ***Vocabulary*** |  |
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| ***gluten*** | *A protein found in wheat flours that make doughs elastic.*  |
| ***yeast*** | *A microorganism that can spoil food but is used as a raising agent in baking.*  |
| ***kneading*** | *Stretching the dough to develop the gluten and create an elastic dough.*  |
| ***proving*** | *The dough is left to rise.* |
| ***baking*** | *During baking the heat sets the gluten and stops the yeast from working which allows the bread to set and hold its shape.*  |
| ***knocking back*** | *When you knock back a dough you are creating an evenly textured dough.* |
| ***bridge hold*** | *Cutting technique whereby one hand is used to make a bridge over the vegetable or fruit with fingers on one side and thumb on the other.* |
| ***dough*** | *A mixture of flour, yeast and water before it is cooked.* |
| ***nutrition*** | *The process of providing or obtaining the food**necessary for health and growth.* |
| *Taste Test**We will analyse existing products.* | *Bread Varieties**• granary**• Chelsea buns**• wholemeal**• fruit bread**• sourdough**• Danish pastries*Wheat varieties influence bread flavor: Study*• spelt**• brioche**• rye*  | ***Key Facts*** |
| Comic Company - What&#39;s New?*Nutritional value of bread:**• source of starchy carbohydrate**• source of protein**• contains calcium and iron**• good source of fibre*  |