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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* |