



YEAR 5 Creative Chefs

Lesson 3



Dear Year 5,

For this week you have been focusing Design Technology (DT) and looking at food. For the first two days your objective was to make the most amazing biscuits for your household - now it is to make the most amazing bread.

Your challenge is to adapt a bread recipe and make it your own, you may want it to be soft, hard, crunchy or nutritious. You will make your own bread and evaluate the process at the end.

Do you accept this challenge?

If so, then get creative! Commit to the bake off! You will be looking at different recipes, carry out our own market research and then present our breads to the year groups and our families. They will be up for judging!

Mr Crawford and Mr Lev

Investigation and Research

Research

WALT: To know that products are designed for different purposes and users.



You need to research the following things make notes in the boxes below it will help you structure your bread's development. You will also need to include a poster drawing out the chosen bread and nutritional benefits of the bread- what food group is it?

<u>Types of breads:</u>	<u>Reasons for eating breads:</u>	<u>Why are breads different in different parts of the world?</u>
<u>What types of breads were popular during your parent's or guardian's generations? (Grandparents? The older the better)</u>	<u>Which breads are popular now in Britain?</u>	<u>Types of breads that I like and why:</u>

- ✘ Look at your research.
- ✘ Draw 3 different kinds of bread.
- ✘ For each one you need to label the added ingredient and decorative effects. e.g. Plait, knot, baguette, bun, loaf.
- ✘ Label the use of your bread e.g. main meal, supplementary or starter.

Market Research:

Taste testing

Now you must have tried out a range of different breads: whole-wheat, rye, pita, garlic, multigrain etc. It is your job to write down the different types that you can remember and then complete the columns try writing about a sentence for each of the yellow columns.

Bread	Appearance	Taste	Marks out of 10

Generating a Design

Thought Shower and Design Brief

- ✕ *WALT: To know that products are designed for a specific purpose or audience in mind.*
- ✕ *To appreciate the aesthetic qualities of a design.*

You are going to design bread for a set purpose.

You need to decide who/what purpose you are going to design your bread for?

Think carefully about this. This is called your design brief.

To Design a bread for

.....

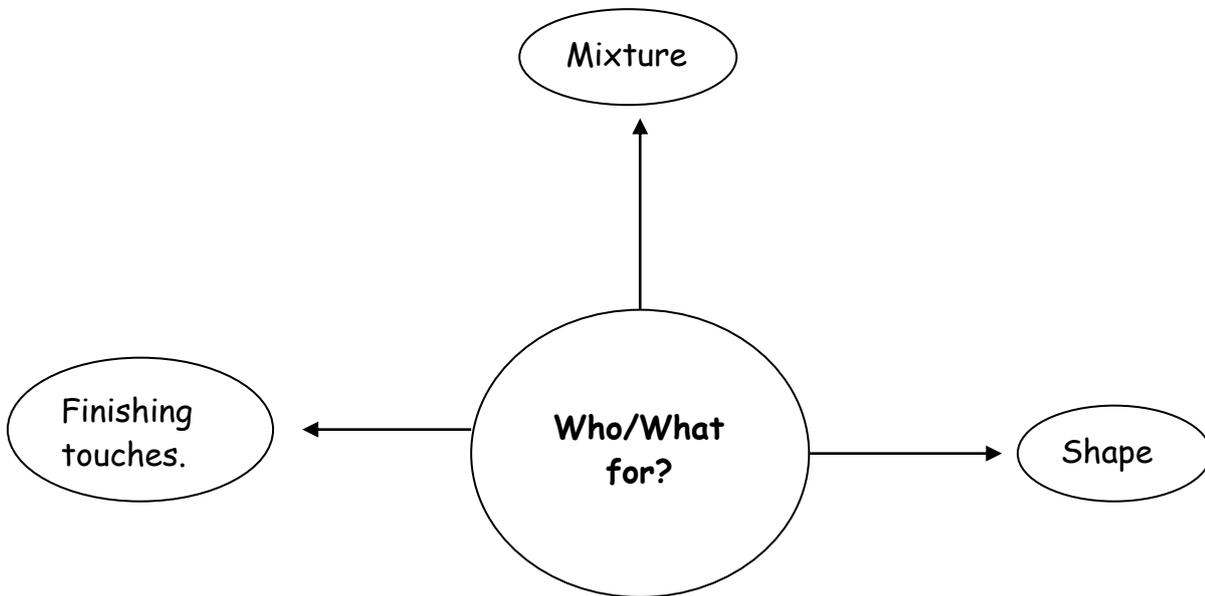
.....

.....

.....

.....

You can now use the brief to help you think about what your bread must achieve to be successful and meet the brief. This will inform your design.



What must your bread do to be successful and meet the design specification?

Here is the recipe that you will be using tomorrow. Read through it and on the next page decide how you will edit it to make it your own.

Recipe bread loaf

Ingredients:

- * 150ml (1/4 pint) of warm water
- * 1.5 teaspoons of quick rise yeast
- * $\frac{1}{2}$ teaspoon of sugar
- * 200g of whole wheat (wholemeal) flour
- * $\frac{1}{2}$ teaspoon salt
- * $\frac{1}{2}$ teaspoon rolled oats (for top)
- * drizzle of vegetable oil (approximately 3 tablespoons)

Equipment: A bowl, sieve, measuring jug, kitchen scales, measuring spoons, chopping board and knife to chop extra ingredients - optional, tea towel, baking tray or tin, a wire rack.

Method:

1. Place flour in large bowl.
2. Mix in all dry ingredients except the rolled oats.
Add in any extra ingredients.
3. Drizzle in vegetable oil.
4. Pour in warm water.
5. Mix thoroughly.
6. When dough comes together knead for 10 minutes until dough is silky.
7. Place back in bowl and cover.
8. Let dough rise somewhere warm until doubled in size.
9. Knead dough briefly again.
Decorate as design.
10. Place dough into 2 x $\frac{1}{4}$ lb tins (or 1 x $\frac{1}{2}$ lb tins) that have been floured
11. Brush top with a little water and sprinkle on some rolled oats
12. Leave to rise for around 20 minutes
13. Place in oven at 180 OC for around 30-40 mins (depending on the size of the loaf)
14. Remove from oven
15. Cool for at least 15 minutes before cutting

Making the bread your own!

- ✕ *WALT: To combine and measure a range of materials*
To design a product using ingredients for a specific purpose.
To appreciate taste and texture when designing.

You are now going to adapt the basic bread recipe to suit your own taste. You can add things to the recipe to improve the flavour (raisins, spice, or something else that is healthy) and finishes to decorate and personalise your bread (plait, a certain shape or maybe even just a light sprinkle of something).

Think of 4 different things you could add to the basic recipe.

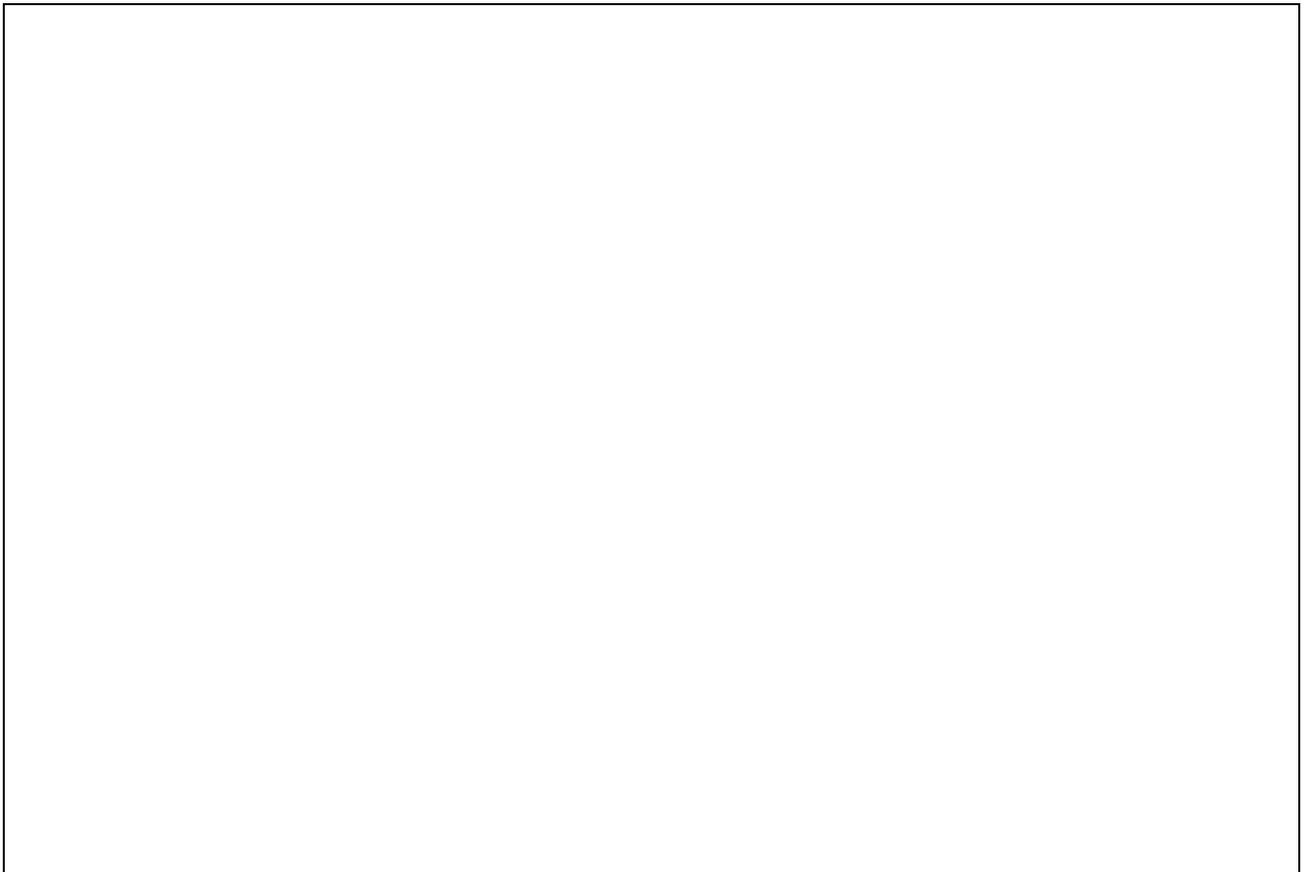
What could you add?	What impact do you think it will have?
1.	
2.	
3.	
4.	

Final decision

Now you have designed three breads you need to decide which one you are going to make. Look at your designs again and think carefully about which one fulfils you design brief best, is suitable for you audience and is creative?

You need a detailed diagram of your bread, showing the finishing in detail. Don't forget to indicate any ingredients you may have added.

Final design



I have chosen to make this bread because

.....

.....

.....

.....

.....

.....

.....

Health and Hygiene

WALT: To understand how to handle foods safely and hygienically

When we work with food, we need to follow some rules to make sure we are being safe. Make a note here of the things you need to remember to do when working with food. **MAKE SURE TO CHECK THIS WITH AN ADULT OR PARENT AT HOME.**

