



What should I already know?

- Confidently demonstrate safe procedures for safety and hygiene
- Use a heat source with adult support
- Select, prepare, and combine ingredients

Skills I will develop:

- Apply the rules for basic food safety and hygiene e.g., use of oven
- Weigh and measure accurately (time, dry ingredients, liquids)
- generate innovative ideas through research and discussion with peers and adults to develop a design brief criteria for a design specification.
- explore a range of initial ideas and make design decisions to develop a final product link to the user and purpose.
- use words, annotated sketches an information and communication technology as appropriate to develop and communicate ideas.
- Write a step by step recipe including a list of ingredients, equipment and utensils.
- Select and use appropriate utensils and equipment accurately to measure and combine appropriate ingredients.
- Make decorate and present the food product appropriately for the intended user and purpose.
- Carry out sensory evaluations of a range of relevant products and ingredients record evaluations using tables, graphs or charts.
- Evaluate the final product with reference back to the design brief and design specification, taken into account the views of others when identifying improvements.
- Understand how key chefs have influenced eating habits to promote varied and healthy diets.
- Know how to use utensils and equipment including heat sources to prepare and cook food.
- Know and use relevant technical and sensory vocabulary.



Possible products

Possible techniques that children could use

WHITE A heavily processed bread to obtain the color and flour, which removes most nutrients. Nutrients are typically added back in.	WHEAT Not the same as whole wheat! A bread made with wheat flour, which is a refined white flour. Very similar to white bread with slightly more nutrients.	WHOLE WHEAT Made from wheat kernels that have been left intact and not processed. Healthier and more nutrient-rich than wheat bread. A type of whole grain bread.	MULTIGRAIN Not the same as whole grain! Simply means the bread was made with multiple grains, possibly including refined and processed grains, leading to less nutrients.
WHOLE GRAIN Made with grains left fully intact. Can contain wheat, whole barley, brown rice, and more. All high in fiber and nutrients.	SPROUTED GRAIN Made from grains that have been exposed to warmth, moist conditions. Sprouted grains help digestion and increase absorption rate of nutrients in the body.	SOURODOUGH Can be any type of bread, but the rise comes from fermentation (a chemical reaction) rather than yeast, resulting in a more sour taste.	RYE Made from rye grain, typically denser and lighter in fiber than wheat bread. Can be whole grain.
PUMPERNICKEL Made from coarsely ground rye grain and fermented with sourdough starter - slightly sweeter than rye bread.	BRIOCHE A very rich bread made with additions of eggs, milk, and butter. This results in higher fat & protein than most other breads.	CHALLAH A very similar bread to brioche, but uses oil instead of butter, resulting in a bread that is still rich, but less fatty in flavor than brioche.	FLATBREAD Generally a very simple mixture of flour, water, and salt, which is rolled flat. Some flatbreads may have yeast added, like pita or naan.
CORNBREAD A quick bread made from cornmeal with a cake-like texture. May be savory or sweet depending on the recipe.	BAGUETTE A long, thin type of French bread that is recognizable by its shape and craggy exterior.	CIABATTA An Italian bread that is very similar in texture to a baguette, but is looser in its flatter shape. Most often used for paninis sandwiches.	SODA BREAD A quick bread made with baking soda as its leavening agent that is often made with oats and/or seeds for added texture.

Key Vocabulary (including definition)

Finishing	Related to the appearance of a product dash shape, decoration, and colour.
Rubbing	Rubbing the dry ingredients together with the fat, lifting to put air into the mixture, so that it resembles fine breadcrumbs.
Knead	Pulling and squeezing dough to make it smooth.
Bran	The hard protective shell of a grain of wheat.
Dough	a mixture of flour, yeast, and water before it is cooked.
Endo sperm	the store of food inside a seed.
Yeast	A tiny plant which makes bubbles of carbon dioxide when mixed with flower and warm water.
Unleavened bread	Flat bread where yeast has not been added.