

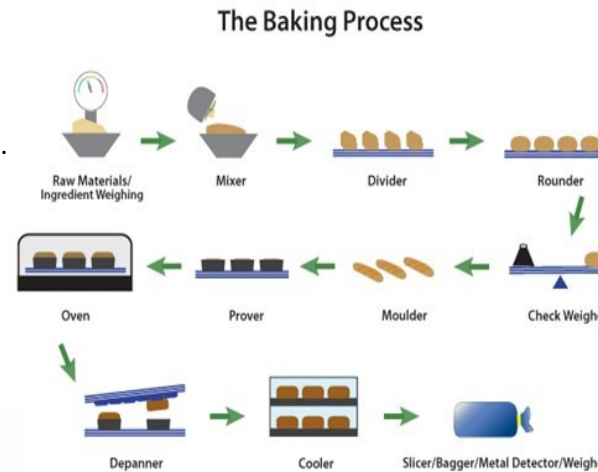
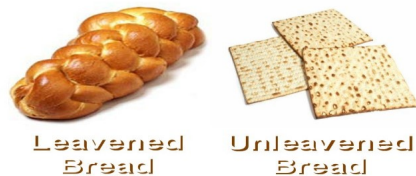
Real life examples

Bread is a type of baked food. It is mainly made from dough, which is normally made from flour and water. Bread can be made at home, in small bakeries or in factories. The baking process is similar for making all types of bread; measuring ingredients, mixing them together, shaping, proving and baking.

There are two types of bread:

Leavened bread contains baking yeast, baking powder or baking soda – ingredients that cause the dough to bubble and rise and create a light, airy product.

Unleavened bread is a flatbread, often resembling a cracker. Other than the leavening agent, the ingredients in the two kinds of bread are similar.



Vocabulary:

baking	to cook food in an oven not exposed to a flame
dough	a mixture of flour, yeast and water before it is cooked
flatbread	a type of flat, thin bread that is typically unleavened
knead	pulling and squeezing dough to make it smooth
recipe	a set of instructions for preparing a particular dish, including a list of the ingredients required
rubbing in	rubbing the dry ingredients together with the fat, lifting to put air into the mixture, so that it resembles fine breadcrumbs
sampling	tasting the food to check how it tastes
sensory evaluation	to evaluate something based on how it looks, tastes, smells and feels
texture	the feel, appearance, or consistency of a surface or a substance
unleavened bread	flat bread where yeast has not been added
yeast	a tiny plant which makes bubbles of carbon dioxide when mixed with flour and warm water

Steps to Success

Designing:

- Who am I making the food product for?
- How can I make it appealing for the user?
- What ingredients could it contain?
- How much of each ingredient will I need?
- What order do I need to add each ingredient?



Mixing to combine ingredients if making savoury muffins or scones

Rubbing in to mix fat and flour if making a yeast-based product

Kneading a bread dough

Making:

- Have I followed the correct food hygiene steps?
- What techniques will I use to prepare the ingredients?
- What equipment do I need?

Evaluating:

- What does your bread look like? How does it smell? How does it taste? What is the texture like?
- What do you think you did well?
- What could you do to improve your bread?
- Have you met the needs of the user?
- Has the purpose been met?
- Is your product authentic?

Type of cultural/seasonal food product	Appearance	Smell	Texture	Taste
Savoury scone	Golden/rough	Fresh/baked	Crumbly	Cheesy

Golden Threads

User	who the product is for
Purpose	the job your product is supposed to do
Functionality	to do the job (purpose) it is meant to do
Design Decisions	making choices about your design
Innovation	using your own ideas or methods
Authentic	making a real life product