

Year 3

D.T. Knowledge Organiser: Food - Bread

Key Enquiry Questions:	
Why is a balanced diet important?	A balanced diet is important because your organs and tissues need proper nutrition to work effectively. Without good nutrition, your body is more prone to disease, infection, fatigue, and poor performance.
What is a balanced diet?	A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.
How do I store and prepare food safely?	<p>In every step of food preparation, follow the four steps of the Food Safe Families campaign to keep food safe:</p> <ol style="list-style-type: none"> 1. Clean — Wash hands and surfaces often. 2. Separate — Don't cross-contaminate. 3. Cook — Cook to the right temperature. 4. Chill — Refrigerate promptly. <p>Storing meat and poultry</p> <ul style="list-style-type: none"> * store raw meat and poultry in clean, sealed containers on the bottom shelf of the fridge. * follow any storage instructions on the label and do not eat meat after its use by date. * keep cooked meat separate from raw meat and ready-to-eat foods in general.
What are the safety and hygienic practices in the kitchen?	<ul style="list-style-type: none"> ● Wear a clean apron. ● Wear closed-in shoes to protect your feet, in case of hot spills or breakages. ● Wash your hands before and after handling food. ● Keep food preparation surfaces clean. ● Tie back long hair. ● Store food appropriately. ● Wash vegetables and fruit under cold water before use.
Which food group is bread a part of?	Bread is a carbohydrate. Carbohydrates are broken down into simple sugars — the major source of energy for the body.
What makes bread rise?	Yeast is a micro-organism (small living thing). When yeast is dry, it is dormant (sleeping). When warm water is added to the yeast, it comes to life and produces gas called carbon dioxide. When the yeast is in the bread dough, the gas it creates is trapped in the stretchy dough which makes it rise.
What are the main food groups?	<p><u>Fruit and vegetables:</u> Provide essential vitamins for good health. Everyone should aim to eat at least 5 portions (a fist size) every day, preferably not all the same type. A small glass of fruit juice also counts as a portion. Frozen / tinned varieties also count.</p> <p><u>Grains, breads, cereals:</u> These foods provide the body with carbohydrates, a source of energy. Many products are made from flour (grains) such as pasta. Wholegrain varieties are better for their nutritional value and those without added sugar/fat. Although a vegetable, the potato falls into this food group.</p> <p><u>Beans, pulses, eggs, fish, meat and meat products:</u> Provide protein to help build and repair tissue and muscle. Everyone should aim to eat 1 -2 portions of protein every day (teenagers need slightly more) and from a variety of sources (red meat, poultry, eggs etc).</p> <p><u>Dairy and alternatives:</u> This food group provides us with calcium, which is essential to build bones and keep them healthy. Lower fat / sugar products are better for good health.</p>

	<p><u>Oils and spreads:</u> Choose unsaturated varieties and use sparingly.</p> <p><u>Fats / sugars:</u> Should be consumed in small amounts.</p>
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Key Vocabulary	
bake	To cook in an oven.
beat	To mix with a fork or whisk.
boil	To cook in water held at boiling point.
dough	A thick mixture usually mainly of flour and liquid that is baked e.g. bread dough.
Eatwell plate	The eat well plate shows the types and proportions of different foods needed to make up a healthy balanced diet. (see below)
glaze	To coat with egg or milk to give a shiny finish after baking.
grill	To cook close to a heat source.
hygienic	Hygiene is any practice or activity that you do to keep things healthy and clean.
ingredients	The things that are used to make something, especially all the different foods you use when you are cooking a particular dish.
knead	To form a dough mixture.
recipe	A set of directions with a list of ingredients for making or preparing something, especially food.
rub in	To mix together flour and fat using the fingertips until it resembles fine breadcrumbs.
simmer	To almost boil, but where bubbles only break the surface from time to time.
utensils	Tools or containers used in a home and especially a kitchen.
yeast	A single-celled fungus that ferments sugar to produce alcohol and carbon dioxide. The commercial product containing living yeast cells is used in baking to make dough rise and in the making of alcoholic beverages (as wine).

Important Facts
Around the world people use a range of different ingredients, equipment and cooking techniques to prepare food.
When planning to cook we need to consider current healthy eating advice, the needs of different people and occasions.
When planning to cook, we need to select the most suitable ingredients, equipment and food skills for successful results.
There is a range of additional food skills which enable us to cook.
Buying, storing, preparing and cooking food safely and hygienically are vital for health.
<p><u>The history of bread:</u></p> <p>Bread is one of the oldest prepared foods. Evidence from 30,000 years ago in Europe revealed starch residue on rocks used for pounding plants. It is possible that during this time, starch extract from the roots of plants, such as cattails and ferns, was spread on a flat rock, placed over a fire and cooked into a primitive form of flatbread. Around 10,000 BC, with the dawn of the Neolithic age and the spread of agriculture, grains became the mainstay of making bread. Yeast spores are ubiquitous, including on the surface of cereal grains, so any dough left to rest leavens naturally.</p> <p>In 1961 the Chorleywood bread process was developed, which used the intense mechanical working of dough to dramatically reduce the fermentation period and the time taken to produce a loaf. The process, whose high-energy mixing allows for the use of lower protein grain, is now widely used around the world in large factories. As a result, bread can be produced very quickly and at low costs to the manufacturer and the consumer. However, there has been some criticism of the effect on nutritional value.</p>
<p>Videos of the bread making process:</p> <p>https://www.bbc.co.uk/bitesize/clips/zrxd7ty</p> <p>https://www.warburtons.co.uk/corporate/teaching-resources/bread-making-project</p>

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy (kcal)	Fat (g)	Saturated (g)	Sugars (g)	Salt (g)
13%	3.0g	1.3g	34g	0.9g
LOW	LOW	HIGH	MED	
	4%	7%	38%	15%

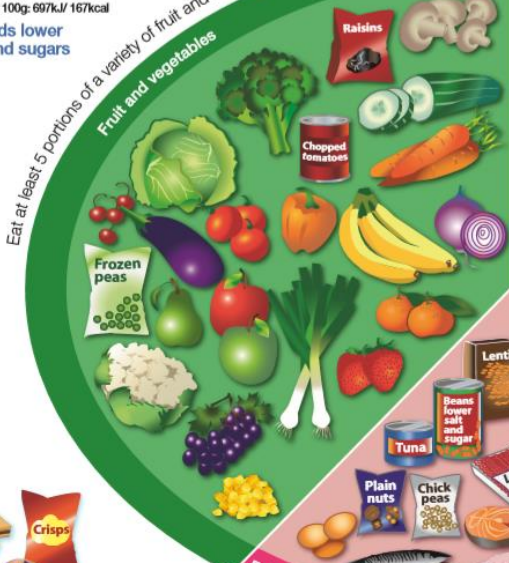
of an adult's reference intake
Typical values (as sold) per 100g: 697kcal/ 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day



Eat less often and in small amounts



Fruit and vegetables



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



6-8 a day
Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.



Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives
Choose lower fat and lower sugar options



Oil & spreads
Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland © Crown copyright 2016

Health and Safety

- Remove any jewellery and tie back long hair.
- Wear an apron and roll up your sleeves.
- Wash your hands with hot water and antibacterial soap before, during and after preparing food.
- Do not cough or sneeze over food.
- Cover cuts and grazes with a blue plaster.
- Do not lick fingers, spoons or any other utensils.
- Use different chopping boards and knives for raw meat & other foods.
- Check that food is cooked right the way through.
- Check the dates on food and check for allergies of those eating.
- Store food correctly.
- Walk safely and calmly around the classroom.
- Follow the teacher's instructions carefully.
- Use oven gloves when taking items out of the oven.
- Ensure pan handles do not hang over the edge of the hob.
- Make sure that you are using the correct equipment for tasks.
- Clear up spillages immediately – especially from the floor.
- Report any accidents & clean up properly after yourself.