

Objectives

- To understand and apply the principles of a healthy and varied diet.
- To prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.
- To understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

Design Criteria

To create a bread that is:

- Cooked perfectly
- Have at least 1 added ingredient
 - Be an appealing shape
 - Full of flavour

Key Vocabulary

savoury	Food belonging to the category of salty or spicy, rather than sweet.
design criteria	Clear goals a project must achieve in order to be successful.
kneading	To mix by pressing, folding pulling.
proofing	Allowing time for the dough to rest
brand	A type of product manufactured by a particular company under a particular name.

Making and evaluating



Combine your ingredients



Kneading



Proofing



Shaping

Exising Product



A staple food made from a dough of flour and water and usually baked.

A food that has been shaped and flavoured in a variety of ways.

Have you added any extra ingredients?

Have you shaped your bread?

Is it cooked evenly?