



Knowledge Organiser

Subject: Design and Technology

Topic: Bread

Year: 5

Key Knowledge

Technical knowledge I have already learnt about bread.

Why is Bread Important?

Bread is a great source of energy and is full of important nutrients. It has carbohydrates that help our bodies have the energy to play, learn, and grow. Different types of bread can also provide us with fibre, which is good for us.

Types of Bread

There are so many types of bread! Here are a few examples:

- **White Bread:** This is soft and fluffy, great for sandwiches.
- **Brown Bread:** This bread is made with whole grains, and it is a bit denser and has a nutty flavour.
- **Rye Bread:** This has a strong taste and is often used in hearty sandwiches.
- **Sourdough:** This bread has a tangy taste and is made through a special process with wild yeast.

The Ingredients of Bread

1. **Flour:** This is the main ingredient that gives bread its structure. Different types of flour, like strong bread flour or plain flour, will result in different types of bread.
2. **Water:** Water is essential for mixing the ingredients together and helping the bread to rise.
3. **Yeast:** This tiny living organism is very important! Yeast helps the bread to rise by producing gas during a process called fermentation. This is what makes bread fluffy and soft.
4. **Salt:** Salt not only adds flavour but also controls the action of the yeast.
5. **Sugar (optional):** Sometimes, a little sugar is added to help the yeast grow.

Key Learning

What is Bread?

Bread is a type of food that is usually made from flour, water, and yeast. When these ingredients are mixed together and baked, they turn into bread. We can find bread in many shapes and sizes, such as loaves, rolls, and baguettes. It can be soft, crusty, sweet, or savoury.

How is Bread Made?

Making bread is like following a recipe to create something wonderful! Here is a simple step-by-step process.

1. **Mixing:** Combine flour, water, yeast, and salt in a bowl. Stir it until it forms a dough.
2. **Kneading:** This is the fun part! Kneading means pressing and folding the dough with your hands. This helps to develop the texture and elasticity of the bread. Think of it like giving your dough a workout!
3. **Rising:** Once kneaded, the dough is left to rise. This usually takes about an hour. The yeast works during this time to create bubbles, making the dough grow bigger.
4. **Shaping:** After the dough has risen, it's shaped into loaves or rolls.
5. **Baking:** Finally, the shaped dough is baked in the oven. This is when it turns golden brown and smells amazing!

What is Nutritional Value?

Nutritional value refers to the goodness that food gives to our bodies. It includes things like the energy we get, the vitamins and minerals, and the other important bits that help us grow and stay healthy. Think of it like a treasure box, where each food gives us different treasures that our bodies need.

Main Nutrients in Bread

When we talk about bread, there are three main nutrients that we find inside it:

Carbohydrates

- **What are they?** Carbohydrates are a type of energy that our bodies can use quickly. They are like fuel for a car, giving us the energy to run, play, and think!
- **Where do we find them?** Bread is rich in carbohydrates, especially white bread. Whole grain bread has even more because it is made from the whole grain, which keeps the extra goodness inside.

Fibre

- **What is it?** Fibre is a special type of carbohydrate that our bodies cannot digest. It's like a broom in our tummy, helping to clean everything out and keep our digestive system healthy.
- **Where do we find it?** Whole grain bread is packed with fibre because it uses the whole grain, unlike white bread, which has some of the good bits taken out.

Protein

- **What is it?** Proteins are essential for building and repairing our muscles, just like bricks are needed to build strong houses.
- **Where do we find it?** Bread contains some protein, but not as much as foods like meat or beans. However, it can still help us if we eat it as part of a balanced diet.

Disciplinary Skills

- Generate ideas through brainstorming and identify a purpose for their product.
- Draw up a specification for their design.
- Select appropriate materials, tools and techniques.
- Use skills in using different tools and equipment safely and accurately.
- Evaluate a product against the original design specification.

Key Concepts

Design-
Use research and develop design criteria to inform the design of innovative, functional, appealing products that are fit for purpose, aimed at particular individuals or groups. Generate, develop, model and communicate their ideas through discussion, annotated sketches, cross-sectional and exploded diagrams, prototypes, pattern pieces and computer-aided design.

Make-
Select from and use a wider range of tools and equipment to perform practical tasks [for example, cutting, shaping, joining and finishing], accurately. Select from and use a wider range of materials and components, including construction materials, textiles and ingredients, according to their functional properties and aesthetic qualities.

Evaluate –
Investigate and analyse a range of existing products. Evaluate their ideas and products against their own design criteria and consider the views of others to improve their work. Understand how key events and individuals in design and technology have helped shape the world.

Key Vocabulary	
Yeast	This tiny living organism is very important! Yeast helps the bread to rise by producing gas during a process called fermentation. This is what makes bread fluffy and soft.
Mixing	Mixing is the process of combining different things or ingredients to create a single mass or entity.
Combining	To join or merge to form a single unit or substance.
Rising	To go up or increase in size.
Kneading	To work.



Linking Thinking Across Our Learning Journey						
Early Years	Year One	Year Two	Year Three	Year Four	Year Five	Year Six
	Carnival picnic	Perfect pizzas	Seasonal food	American Food	Bread	Burgers