

Baking bread

There's nothing like freshly baked bread. This is not a new idea. In fact, people have been saying it for a very, very long time. The first clear signs of people making bread are over fourteen thousand years old. It is likely that bakers were doing their thing well before that.



Bread has become a really important part of people's lives. It is not hard to see why. It has been a main part of our diet since the Stone Age. You find it in the stories and celebrations of most religions. Even its name has come to mean one of the most important things needed for life. Being the bread-winner means being the person who earns most of the money in the family. The title 'lord' comes from a very old word meaning loaf-ward or bread-protector.

1) *There's nothing like freshly baked bread.*

This means? Tick one.

- | | |
|---|--|
| <input type="checkbox"/> Bread is strange. | <input type="checkbox"/> Bread is special. |
| <input type="checkbox"/> People don't like bread. | <input type="checkbox"/> There are no bread or cakes left. |

2) *...a main part of our diet...*

What does diet mean here? Tick one.

- | | |
|---|---|
| <input type="checkbox"/> history | <input type="checkbox"/> what we eat |
| <input type="checkbox"/> what we do to eat less | <input type="checkbox"/> food colouring |

3) What did the word 'lord' first mean?

What you will need:

As bread has been such a basic food throughout history, it is no surprise to learn that its ingredients are very basic too. For ancient people, it meant grinding grains like wheat or rye into a powder, mixing it with water to make dough and leaving it out in the sun.



This recipe is a bit more complex. The basic idea is much the same, however. What you need is:

- 500g flour
- 1 teaspoon of salt
- 3 tablespoons of oil.
- 300ml water
- 1 sachet of yeast

4) ... *the ingredients are very basic too* ... What does *basic* mean?

simple

tasty

expensive

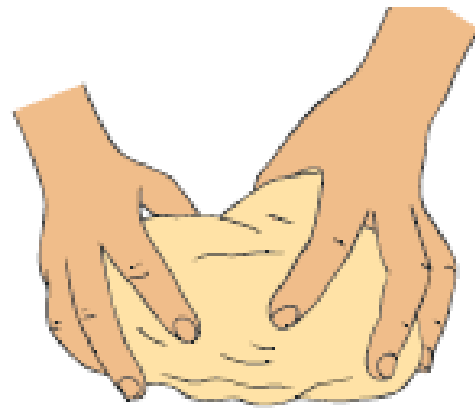
old

5) What sort of grains did ancient people use to make flour? Give one example.

6) How much water do you need for this recipe?

Method:

- 1)** Mix the flour, salt and yeast together in a large bowl.
- 2)** Make a dip or 'well' in the middle and gently pour in the water and oil. Mix until it forms a soft, squidgy dough.
- 3)** Now for the fun bit! On a floured surface, squash and bash it until it is smooth and stretchy.
- 4)** Leave it for an hour. As if by magic, it will double in size! Squeeze the air out of it and roll it into a ball. Then leave it for another hour.
- 5)** Heat your oven to 220C (200C for fan ovens) or gas mark 7. Put the dough onto a greased tray and bake for 25-30 minutes.
- 6)** When it is ready, it will be golden brown and will sound hollow if you tap it. Best of all, it will smell wonderful and taste delicious!



Squash and bash the dough until it is smooth and stretchy.

Look at instruction 3. Why does it call this the fun bit?

- because it is nearly ready
- because you can sprinkle flour on the work surface
- because you get messy
- because you can squash and bash the dough

8) Look at instruction 6. *Find and copy a word that means yummy.*

9) Thinking about the whole article, draw lines to match the text to the section from which it came.

Introduction

This recipe is a bit more complex.

What you need:

Mix until it forms a soft, squidgy dough.

Method

There's nothing like freshly baked bread.