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| **1. Bread Key information** |
| * Bread is a popular staple food eaten on a daily basis. |
| * Bread styles and types vary greatly, e g white bloomers, crusty rolls, sliced wholemeal loaves and pitta bread. |
| * Bread is made by mixing strong flour (which is high in gluten) with liquid (water or milk) and a raising agent such as yeast. Salt is added and a small amount of sugar and fat can also be used. The ingredients are mixed until a dough is formed, which is then kneaded and shaped. Bread dough must be proved before baking. |
| * Bread provides carbohydrates, protein, some B group vitamins, calcium and iron. Wholemeal varieties will provide dietary fibre (NSP). |
| * Bread should be stored in a cool dry place. It can also be frozen. |

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| **2. Cereals Key information** |
| * Wheat, oats, rye and barley are some of the cereals grown in the UK. |
| * A cereal is referred to as a grass with starchy edible grains or seeds used as food. |
| * Cereals are processed into other raw ingredients or foods before we eat or use them. |
| * Wheat is a common cereal used in many popular foods such as bread and breakfast cereals e.g. Weetabix. |
| * Cereals are a good source of dietary fibre (NSP) and carbohydrates, providing energy in the diet. |
| * Cereals also provide protein (of Low Biological Value), B vitamins and vitamin E, some iron and fat. |
| * Cereals should be stored in an airtight container in a cool dry place. |
| * Incorrect storage can lead to a release of odours, mould developing and bacteria contamination, leading to food poisoning. |

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| **3. Flour and Oats Key information** |
| * Wheat is the main cereal processed to produce a variety of flours. |
| * Wheat flour can be of different strengths: strong flour is high in gluten and used in bread making; weak flour is used for baked goods, e.g. cakes and biscuits. |
| * Different flours have different extraction rates, which means how much of the wholegrain of wheat has been used in the milling of the flour. |
| * Wholemeal flour is a good source of dietary fibre (NSP) and starchy carbohydrates. Strong flour has a high protein content. White flour is fortified in the UK with B vitamins thiamine and niacin as well as minerals, calcium and iron. |
| * Flour must be stored in its original packaging in an airtight container in a cool dry place. This should prevent the growth of weevils. Do not mix old and new flour together. |
| * Oats are grains from the cereal plant. |
| * A protective husk covers the oat grain, which is removed before the oats can be used as a food. |
| * Oats can be ground to produce a fine flour. They are also rolled or crushed to produce oatmeal. Rolled oats are used to make porridge. |
| * Oats provide mainly starchy carbohydrates and slow-release energy. They also provide some protein, calcium, iron and some B group vitamins. |
| * Oats should be stored in a dry, cool area in an airtight container. |



**Task: 1- 3 Learn/cover/write and self-check; Bread, cereals, flour and oats.**

**Task: 1- 4 Learn/cover/write and self-check; Rice, Pasta and potatoes.**