

# Year 4: D&T Cooking and Nutrition

## Voulez-vous du pain?

### Situation

Following the nationwide Coronavirus Lockdown, many people vowed to keep shopping on their high streets and not just at supermarkets.

### Design Brief

Design, make and evaluate a bread product for a family of 3 that could be used as part of a family meal. Your product would be sold at a high street, artisan bakery.

### Hairy Bikers

The Hairy Bikers are TV chefs and have been cooking together for over 20 years!

They share their recipes and ideas through books and online. They are well-known for their adaptations of meals from around the world.



### Design

You need to consider:

- appearance/aesthetics - *how will it look, smell, taste and feel?*
- cost - *how much money will you spend?*
- customer - *who is it for?*
- environment - *are any ingredients, or stages in production, good or harmful to the environment?*
- size - *how big or small will it be?*
- safety - *will it be safe to be eaten by everyone?*
- function/purpose - *what nutrients will it provide?*
- materials - *what ingredients will you need?*
- manufacture - *how will you make it?*

### Vocabulary

artisan	A worker in a skilled trade or job.
bakery	A shop that sells baked goods.
carbohydrates	A nutrient found in foods that gives humans energy.
carbon dioxide	A gas that humans breathe out.
consumer	A person who buys products or goods for their own use.
cornbread	Bread made from cornmeal.
dough	A paste made from flour and water.
High Street	The main street of a town with shops.
knead	Pushing and pressing a dough to increase the elasticity.
muffin	A flat, circular bread roll.
prove	Keeping the dough warm so that the yeast is activated and increases the dough in size before baking.
purchase	To buy a product or item.
quality	How good something is.
rise	Increase in size when baking.
side dish	Part of a meal that is added to the main course.
trader	A person who buys or sells products or goods.
yeast	An ingredient used to help food rise by creating air bubbles.

### The Eatwell Guide



### garlic bread



### bread buns



### muffins



### Make

You will develop your skills:

- following a recipe;
- measuring ingredients;
- knowing where food comes from;
- baking and food preparation.



### Evaluate

Does your bread product meet the design specification?

Our focus is on carbohydrates.

CRC Article 29: All children have the right to develop their skills and talents.

