

Name: _____ Date: _____



Let's analyse some bread. Fill in this table to record information about the bread rolls you are testing. Don't forget to answer the questions below.

Bread type	Flavour	Texture	Appearance	Shape

Which bread is best to use for a burger? Why?

Which bread was your favourite? Why?



Now that you have tasted the bread rolls, choose a challenge from this grid to complete.

The **red** box is the most challenging, the **orange** box is a little easier and the **green** box is the least challenging. Present your answers any way you like.

Types of burger buns

Draw a table that has two columns and ten rows. Write a list of bread rolls you could use to make a burger with, down the left hand column.

List the ingredients you would need for each bread roll in the right hand column.

What herbs and spices can you add to the tops of the rolls to add flavour to the burger buns?



Bread alternatives

Imagine you are running a "healthy" burger restaurant. Your burgers are not served in bread rolls.

What alternatives do you serve your burgers in? Create five different burgers on your menu that don't come with bread rolls.

Draw a picture and write a description of each burger.

Present your information in a menu-like format.



Gluten and wheat-free

You will need the internet to research information for this challenge.

Find out what gluten and wheat is and record your answers on a mini poster.

Create an information sheet explaining what happens to people with a gluten or wheat allergy. What can you find out about their lifestyle? Why can't they eat bread and what happens if they do?



Simple Bread Dough Recipe



Ingredients

150g flour
125g warm water
1 teaspoon(5g) of yeast (dried) 7g yeast (fresh)
 $\frac{1}{2}$ teaspoon of salt

Equipment

jug
sieve
teaspoon
spatula

bowl
weighing scales
plate
cling film

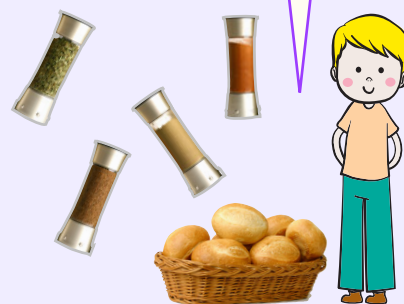
Method

1. Weigh out the flour. Sieve into bowl with the salt.
2. Measure the yeast. Stir into the flour. Mix together to make dough.
3. Sprinkle some of the flour onto a table top. Put the dough onto it and knead for several minutes. Allow the dough to prove overnight in the fridge.
4. Break the dough into small balls to become bread rolls.
5. You may need to adjust the recipe to suit the amount of children in your class. Each child/group will need three dough balls each.
6. Wrap the dough balls in cling film to keep them moist for the lesson.

This is your challenge:

1. Choose a partner or make a small group.
2. Collect three dough balls from your teacher.
3. Read the **Herbs and Spices Chart** with your group and think about flavours that might match well together.
4. Place your dough balls onto a sheet of foil and begin dusting the tops with your chosen flavours.
5. Once the dough has been seasoned, place them on a tray in the oven to cook.
6. Taste your bread rolls. How do they taste?

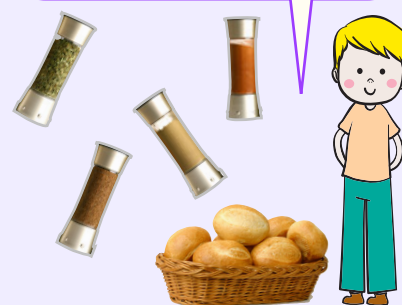
Let's make some tasty bread rolls. We could use them to make burgers.
What flavour combinations can you create?


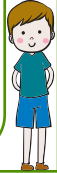

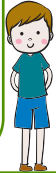





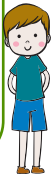







This is your challenge:

1. Choose a partner or make a small group.
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<p>Garlic</p> <p>A strong spicy flavour that tastes nutty when cooked.</p> 	<p>Chilli</p> <p>A hot flavour that may burn your mouth if you use too much.</p> 	<p>Oregano</p> <p>A dry herb that tastes bitter and sweet.</p> 
<p>Parsley</p> <p>A peppery, bitter herb that is green in colour.</p> 	<p>Coriander</p> <p>A citrus, sweet herb that is green and tastes strong.</p> 	<p>Mixed herbs</p> <p>A mix of all herb flavours that tastes bitter, sweet and earthy.</p> 
<p>Poppy seeds</p> <p>Small, nutty and fruity seeds that can be sprinkled.</p> 	<p>Sesame seeds</p> <p>Small and soft seeds that taste nutty.</p> 	<p>Grated cheese</p> <p>Soft strips of cheese that are crispy and taste smoky when cooked.</p> 
<p>Salt and pepper</p> <p>Small spicy and sour granules that give simple flavour.</p> 	<p>Five spice</p> <p>Sweet, sour, bitter, spicy and salty taste all in one powder.</p> 	<p>Onion flakes</p> <p>A crispy and crunchy taste that is quite bitter.</p> 
<p>Cumin</p> <p>An earthy, nutty taste that can be a little spicy.</p> 	<p>Rosemary</p> <p>Sharp leaved herb that tastes piney and earthy.</p> 	<p>Oat flakes</p> <p>A flat grain that tastes nutty.</p> 



Can you create your own table to record information about the mini bread rolls you made. What will you record? Will they be good options for burger buns if they were made to size?

On a lined piece of paper, write a list of questions you could ask other groups about their bread rolls.

What do you want to find out about their combinations?



Follow these guidelines (as well as any guidance from your teacher) to reduce the chances of having an accident, and help keep germs out of food!

Prepare Yourself

If you have long hair, tie it back. Roll up your sleeves.

Wash your hands with hot water and soap. **If you sneeze or cough into your hands, or blow your nose, you must wash your hands again straight away!**

Wear a clean apron. **If you need to go to the toilet, take off your apron first!**

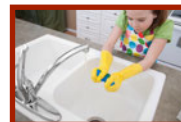


Keep It Clean

Wipe down all surfaces with anti-bacterial cleaner. **Use a clean cloth or disposable wipes.**

Check that all equipment is clean and not damaged before using it.

If you drop any equipment on the floor, wash it again before you use it.



Use Equipment Safely

Only get out the equipment you need. Get all equipment and ingredients out before you start.

Never walk around with knives. Get an adult to bring knives or sharp equipment to you.

Make sure you have adult supervision when using the stove or oven. Be sure to stand back from the heat in case the oil spits.

Food Hygiene

Don't taste food unless an adult says it's OK. **Some food is not safe to eat when it is raw; some food may be too hot to taste.**

Don't taste food by licking your fingers! **If you need to taste food as you are cooking, use a clean spoon. Don't put a spoon back in food if it's been in your mouth!**

Follow instructions and recipes carefully. Make sure that food is cooked thoroughly.

Tidy Up

Wash up all equipment with hot, soapy water when you have finished using it.

Put equipment away neatly.

Wipe down surfaces with anti-bacterial cleaner.

Remember, be careful around hot ovens. Don't touch the glass in front and always use an oven glove.

