

Where does our bread come from?



What is wheat? Where does wheat grow? What can we make with wheat?
Let's go back to the farm and take a look at what's growing in the fields!

Through this project, we'll learn that wheat is a plant that is grown by farmers



in fields and that bread can be made from wheat. The children will explore the life cycle of wheat and the processes it needs to go through before it can be made into bread or other wheat based products.

To begin our project, we have planned an exciting trip to a local allotment where we will investigate the different vegetables that can be grown. We will then walk to a nearby wheat field where the wheat will be in its initial stages of growth but over the coming months we will be capturing its journey from green shoots to golden sheaves.



The children will learn when and how the wheat is harvested and about the processes that wheat goes through to separate it into the different types of flour that is used to make bread.

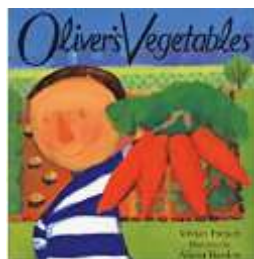
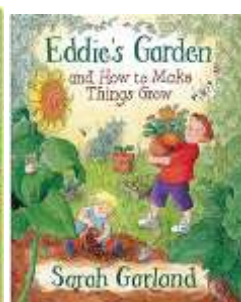
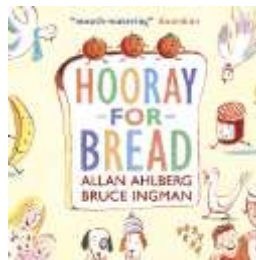


Within the project the children will have the opportunity to make their own bread, becoming accomplished bakers. They will follow

simple recipes using different types of flour and ingredients to create delicious, tasty bread.



As always, we will immerse the children in the project's theme, and the environment will inspire the children's imagination as they pretend to be bakers, vegetable growers and farm shop owners. The children will have real life experiences growing their own vegetables although they may not see the true rewards until the next term when hopefully they can sample their produce. In the book corner there will be a range of fiction and non-fiction books as well as our project stories



Alongside Maths, Reading and Project Work, there will be opportunity for extra-curricular activities such as Music Therapy, PE and Dance. Collaborative Friday will continue, providing opportunities for the children to develop their relationships with their big and little friends.

The children will use their questioning skills to enquire and obtain information. They will begin to make connections and draw on their knowledge of farms to answer questions related to the project. The children will be exposed to the following project-related vocabulary.

Nouns; farm, farmer, field, wheat, bread, soil, plant, sun, water, flour, dough

Verbs; to grow, to plant, to water, to harvest, to eat, to bake

Adjectives; golden, tall, green, damp, tasty, warm, rough,

Prepositions; in, on, under, behind, above, inside



Supporting your child at home. At home you could support your child with this project by:

- Take a walk in the local countryside. What can you see growing?
- Take a visit to a local allotment. What vegetables are being grown?
- Have a look in the supermarket. How many different types of bread can you find?
- Go shopping with a member of your family. Which aisle in the supermarket would you find flour? Here many types of flour can you find?
- Have a look in your cupboards at home. How many other products can you find that are made out of wheat?
- You could visit a greengrocer or Farmer's Market to see the different types of fruits and vegetables that are grown locally.

- Follow a simple recipe to make your own bread. Here is a nice and simple one we found online :

<https://www.bbcgoodfood.com/recipes/easy-white-bread>

Ingredients



500g strong white flour, plus extra for dusting

2 tsp salt

7g sachet fast-action yeast

3 tbsp olive oil

300ml water



Prep: 20 mins



Easy



Makes 1 loaf

Cook: 25 mins - 30 mins

Plus 2 hours proving

A great recipe for an electric breadmaker – or do it the traditional way

Method

STEP 1

Mix 500g strong white flour, 2 tsp salt and a 7g sachet of fast-action yeast in a large [bowl](#).

STEP 2

Make a well in the centre, then add 3 tbsp olive oil and 300ml water, and mix well. If the dough seems a little stiff, add another 1-2 tbsp water and mix well.

STEP 3

Tip onto a lightly floured work surface and knead for around 10 mins.

STEP 4

Once the dough is satin-smooth, place it in a lightly oiled bowl and cover with cling film. Leave to rise for 1 hour until doubled in size or place in the fridge overnight.

STEP 5

Line a [baking tray](#) with baking parchment. Knock back the dough (punch the air out and pull the dough in on itself) then gently mould the dough into a ball.

STEP 6

Place it on the baking parchment to prove for a further hour until doubled in size.

STEP 7

Heat oven to 220C/fan 200C/gas 7.

STEP 8

Dust the loaf with some extra flour and cut a cross about 6cm long into the top of the loaf with a [sharp knife](#).

STEP 9

Bake for 25-30 mins until golden brown and the loaf sounds hollow when tapped underneath. Cool on a [wire rack](#).