

Ancient Egyptians

Learning Objective:

To be able to follow a recipe to make Egyptian bread.

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What kind of
food do you
think the
ancient
Egyptians ate?



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The ancient Egyptians had a very healthy diet. They ate plenty of fresh fruit and vegetables, like leeks, beans, onions, grapes, dates, figs and pomegranates. There was plenty of fish too from the River Nile. Richer people could afford meat such as beef, pork and goat. Most people also had poultry available to them like geese, ducks and quails.



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They would also use the milk from cows to make butter and cheese. Yet the main part of every diet, no matter how rich or poor you were, was bread. Loaves would often get grains of sand in them which ground away at the Egyptians' teeth but bread was always a big part of any diet.

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What ingredients do
you think the ancient
Egyptians used to make
their bread?

Think, pair, share your
ideas.

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How to bake Egyptian bread

Ingredients:

300g wholemeal flour
7g yeast
Half a tsp salt
200ml water
Butter for greasing

You will need:

Weighing scales
A large mixing bowl
Teaspoon
Measuring Jug
Baking tray
Oven
Oven gloves



Measure the flour and pour into a large mixing bowl.

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Add the
teaspoon of
salt to the
flour.



Measure
200ml of
water and
add 7g of
yeast. Mix
well.



Add the
water and
yeast
mixture to
the flour
and salt.

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Combine the mixture with your hands. If the mixture is too sticky, add a little more flour.

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Knead for a few minutes.

Sprinkle some flour on a clean work surface. Roll the dough into balls and flatten.

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Make sure that both sides of the dough are floured.

Cover the dough with a clean tea towel and leave for an hour.

Transfer the dough to a greased baking tray.

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Bake in an oven
at 190°C or Gas
Mark 5 for 30
minutes or until
golden. Leave to
cool before
enjoying!



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Today you will be baking your own Egyptian bread. What do we have to do to work safely and hygienically when handling food?

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Hands must be washed before handling food and kept clean.

Long hair must be tied back securely.

Aprons must be worn to protect clothes and to stop the spread of bacteria.

Equipment must be kept clean and tidy.
No spoon licking!

How to work safely and hygienically with food...

Cuts and grazes must be covered up with a plaster or dressing.

Surfaces must be kept clean and tidy.

Oven gloves must be worn when taking items out of the oven.

Do not cough or sneeze over food preparation areas.

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