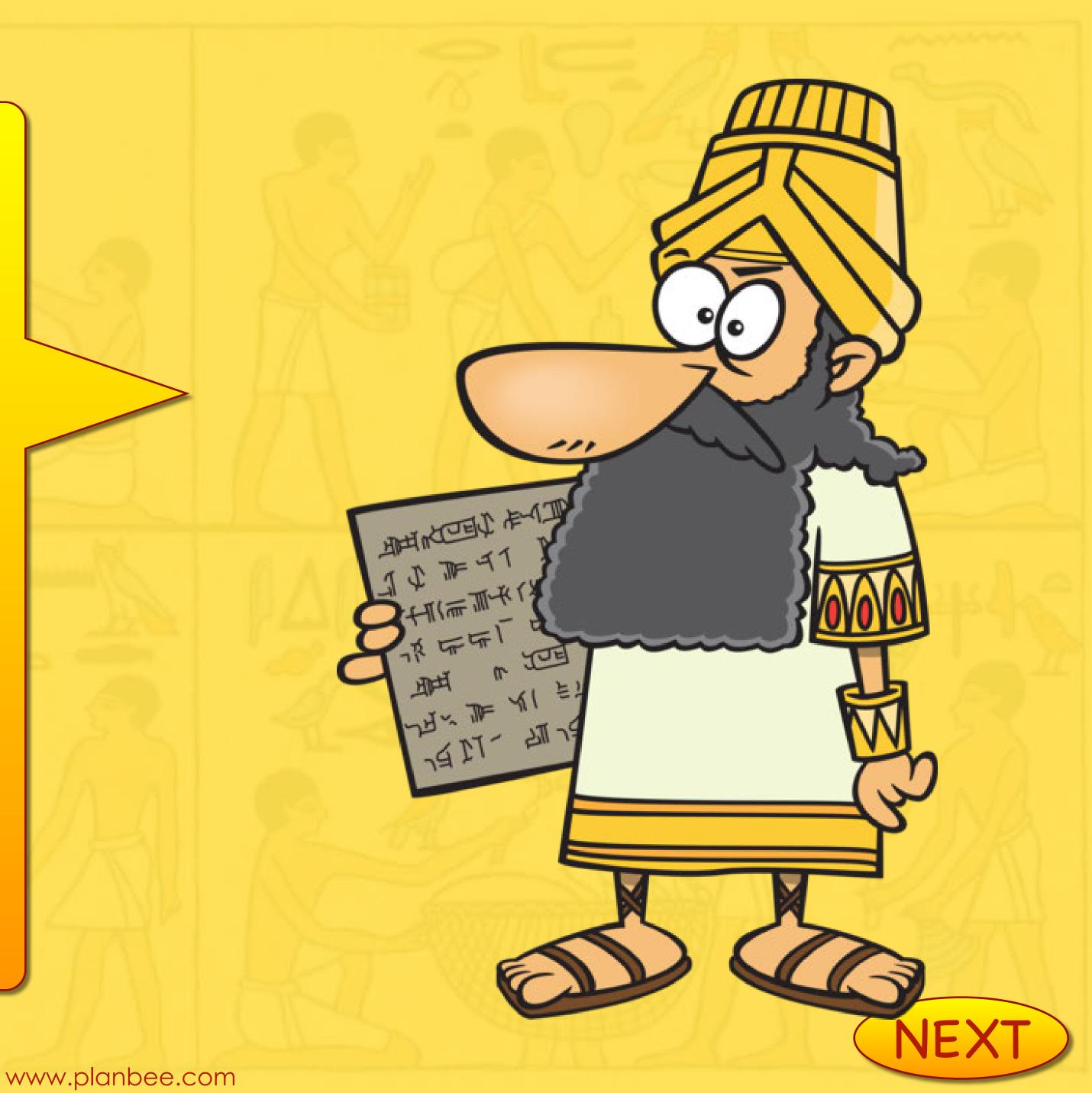
Learning Objective: To be able to follow a recipe to make Egyptian bread.

Ancient Egyptians

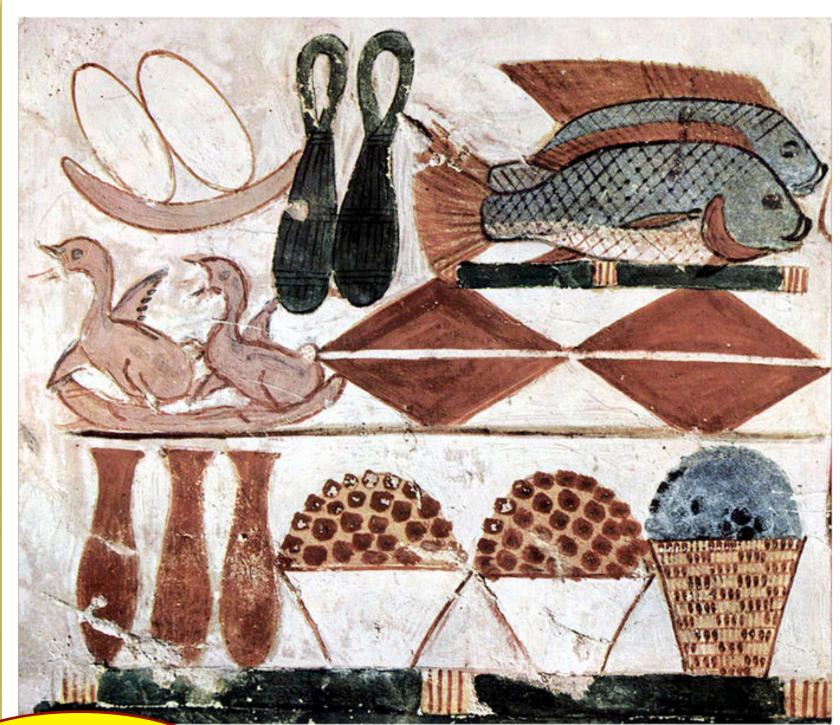


What kind of food do you think the ancient Egyptians ate?





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.



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.



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

Think, pair, share your ideas.







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



How to bake Egyptian bread

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.







Add the teaspoon of salt to the flour.

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



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







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



Knead for a few minutes.

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







Make sure that both sides of the dough are floured. Cover the dough with a clean tea towel and leave for an hour.

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Transfer the dough to a greased baking tray.

NE



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









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



Hands must be washed before handling food and kept clean.

Long hair must be tied back securely.

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

How to work safely and hygienically with food...

Surfaces must be kept clean and tidy.





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

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

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

Do not cough or sneeze over food preparation areas.

