

DESIGN & TECHNOLOGY / FOOD · Y3–Y6

Bread Making

DT cooking lesson — KS2

Ingredients and equipment

Per group of 4 pupils

- INGREDIENTS (per group):
- 250g strong white bread flour
- 1 tsp fast-action dried yeast
- 1 tsp salt
- 1 tsp sugar
- 150ml warm water
- 1 tbsp olive oil
- EQUIPMENT:
- Large mixing bowl
- Measuring jug and scales
- Cling film or damp tea towel
- Baking tray (greased or lined)
- Oven (teacher pre-heats to 200°C / 180°C fan)
- ALLERGENS: contains gluten. Check for any wheat/gluten allergies.



Step-by-step instructions (pupil card)

1. Weigh out the flour into the bowl. Add salt and sugar — mix with your hand.
2. Add the yeast. Stir it in.
3. Make a well in the centre. Pour in the warm water and olive oil.
4. Mix with your hands until a rough dough forms.
5. Turn onto a lightly floured surface. Knead for 8–10 minutes: push, fold, turn.
6. The dough is ready when it feels smooth and elastic — it springs back when you poke it.
7. Shape into 4 equal rolls. Place on the baking tray.
8. Cover with cling film or damp cloth. Leave to prove for 45 minutes (the rolls should roughly double in size).
9. Remove cover. Bake at 200°C for 15–18 minutes until golden and hollow-sounding when tapped underneath.
10. Cool on a wire rack before eating.

Evaluation questions

1. What happened to the dough during the proving stage — and why?
2. What is the role of yeast in bread making?
3. How did your rolls turn out compared to your expectations?
4. What would you change if you made bread again?
5. Can you think of 3 different types of bread from around the world?

