SP\_11

**Lesson 11 Learn about some food products – bread**

***Aim: To learn more about bread – its ingredients, nutritional value, types of bread.***

***Guidelines:***

1. *The teacher gives a mini-lecture on one of the topics.*
2. *During the lesson students use the worksheet.*
3. *The teacher reads the text. Students put down the main information. After the mini-lecture they discuss the information in the class.*

**Task 1**

**The teacher reads the texts. Students put down the main information.**

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| **Topic** | **Information** |
| What is bread made from?Main ingredients: |  |
| What is bread nutritional value: |  |
| Types of bread, their differences: |  |

**What is bread made from?**

Bread is one of the products that we eat every day. Although bread-making is a very responsible and time-consuming process, it is not that difficult not to make it at home. To make bread we need four main ingredients:

* flour;
* yeast;
* water;
* salt.

By adding other ingredients, for example, sugar, fat, dairy products, malt, various seeds or dried fruit it is possible to vary the taste and adjust it according to consumer needs.

To make bread tastier, fats are usually added, i.e. margarine or vegetable oil, sugar, dairy products. To diversify the assortment and increase nutritional value various seeds can be added – sunflower seeds, linseeds, corn seeds, sesame seeds, poppy seeds, other seed mixes as well as other spices and such ingredients as caraway seeds, nuts, raisins, cheese and other. Bread bakers in every bakery try to make their bread unique with its shape etc. New products are created this way.

**Bread nutritional facts**

Grain food products are very important for human nutrition. Diet specialists believe that consumption of grain food products along with potatoes should make up at least 40% of all products. Wheat bread contains 45-55% of carbohydrates, 6-10% of proteins and 1-2% fat. Nutritional value is determined by flour type (wheat, rye and other grains), its grade and other ingredients – dairy products, sugar, eggs, bran and mixtures of seeds and nuts. The most nutritional is flour of rough grade as it is not only a source of vitamin B but also fibres and mineral substances. Lately there has been a tendency to consume bread from fine-grade flour which is low in nutrients.

**Types of bread**

Bread bakers offer hundreds of bread products that differ with their shapes, taste and smell, flour, dough-making technology, ingredients and nutritional value.

There are two main types of bread products – general consumption and dietary products.

**Bread products for general consumption** by people with normal metabolism are made from flour, water, yeast, lactic acid bacteria, and salt with addition of other ingredients. The dough is mixed, made sour, divided, shaped and thermically processed**.**

**Dietary bread products** are similar to products for general consumption but are intended for people with metabolic disorders**.**

Bread can divided into groups according to various parameters. For example, according to the type of flour used, shape, baking process or storage duration. The most common way is according to the type of flour:

* RYE BREAD - 90 – 100% of rye flour;
* WHOLE-WHEAT BREAD - 90 – 100% of whole-wheat flour;
* RYE – WHOLE-WHEAT BREAD - 50% of rye flour;
* WHOLE-WHEAT – RYE BREAD - 50% of whole-wheat flour.

**Bread for healing purposes:**

In ancient times people used bread to treat illnesses. It was used for human and animal treatment. The following popular beliefs say that:

* If you have tooth ache, you should eat bread chewed by mice;
* To treat stomach ache use dried bread or the one without salt;
* If one has choked, they should eat dry crust;
* To treat splitting headache use bread with blood;
* To know if the illness will subside give some bread to the sick person to chew, then put it in the sun. If it doesn’t change colour the person’s health will improve.