

Year 3 Home Learning
Summer Term

Design and Technology

This term in Design and Technology, we will be having a Great Bread Bake Off. Children will gain an insight into the history of Egyptian bread production, then investigate and evaluate existing bread products. Do not worry if you are unable to get ingredients to make your own bread as you can still do tasks 1, 2, 3 and 5 😊.

1.	<p><u>Investigate</u></p> <p>To begin this topic, you will need to investigate Ancient Egyptian diets and discover what they would have eaten each day.</p> <p>Your task is to create two Ancient Egyptian menus; one for a poor family and one for a rich family.</p> <p>Most Ancient Egyptians ate two meals a day so your menus should include a meal for breakfast and dinner.</p> <p>Here are some useful websites and a video:</p> <p>https://www.savvyleo.com/world-history/ancient-egypt/food/</p> <p>https://www.coolaboo.com/world-history/ancient-egypt/ancient-egyptian-food/</p> <p>A video about ancient Egyptian foods that we still eat today:</p> <p>https://www.youtube.com/watch?v=CMLsLqblvM</p>
2.	<p><u>Research</u></p> <p>For this task, you are to research the importance of bread in an Ancient Egyptian's diet. You can use the following website, those from above and others to help you create a spider diagram about Egyptian bread. I have also added some research below this table that will help.</p> <p>https://www.historyforkids.net/egyptian-food.html</p> <p>See how many different facts you can find out, for example: How was it made? What is it made from? Who made it? How often was bread eaten? What other foods did they eat with bread? Etc...</p>

3.	<p><u>Design</u></p> <p>It is now time to find a bread recipe. You can choose to find an Ancient Egyptian one or the recipe for your favourite bread.</p> <p>After that, write up your recipe as a set of instructions with the important steps included. Don't forget to have a full list of ingredients and the kitchen tools that you will need. 😊 You can also add in a drawing to show how you would like your own bread to look.</p>
4.	<p><u>Make – If you have the ingredients try making your bread.</u></p> <p>Using your instructions from task 3, select the ingredients and kitchen equipment you need to make your bread recipe. Then measure, mix, knead and bake your bread. Don't forget to take lots of pictures!</p> <p>Here is a helpful video on how to knead bread do like a professional!</p> <p>https://www.youtube.com/watch?v=t6d_XXyraqBk</p>
5.	<p><u>Evaluate</u></p> <p>Finally, you need to evaluate your bread against the following design criteria:</p> <ul style="list-style-type: none">• Does it look how you expected?• What does it taste like?• Ask some others to try the bread and give it a score out of 10. What score did they give it and why?• What worked well?• What did you find most challenging? Explain.• What would you improve next time? Explain. <p>If you did not make your own bread, then have a go at answering these questions using any type of bread that you have in your house:</p> <ul style="list-style-type: none">• What is the name, type (loaf, bun, flatbread...) and brand of your bread?• What does it taste like?• Ask some others to try the bread and give it a score out of 10. What score did they give it and why?• What do you like most about this bread?• What do you use this type of bread for the most? E.g. toast, sandwiches, burgers, hotdogs...• If you could speak to the baker, what would you ask them to add to the bread? E.g. cheese, nuts, raisins...

The Diet of the Nile: What Did the Ancient Egyptians Eat?



Ancient Egyptians ate extremely well compared to people in other ancient civilisations of the world.

The Nile River provided water for livestock and kept the land fertile for crops. In a good season, the fields of Egypt could feed every person in the country abundantly and still have enough to store for leaner times.

Much of what we know about how ancient Egyptians ate and drank comes from artworks on tomb walls, which show the growing, hunting and preparation of food.

The main forms of food preparation were baking, boiling, grilling, frying, stewing and roasting.

Here is a taste of what the average – and slightly less average – ancient Egyptian would have eaten.

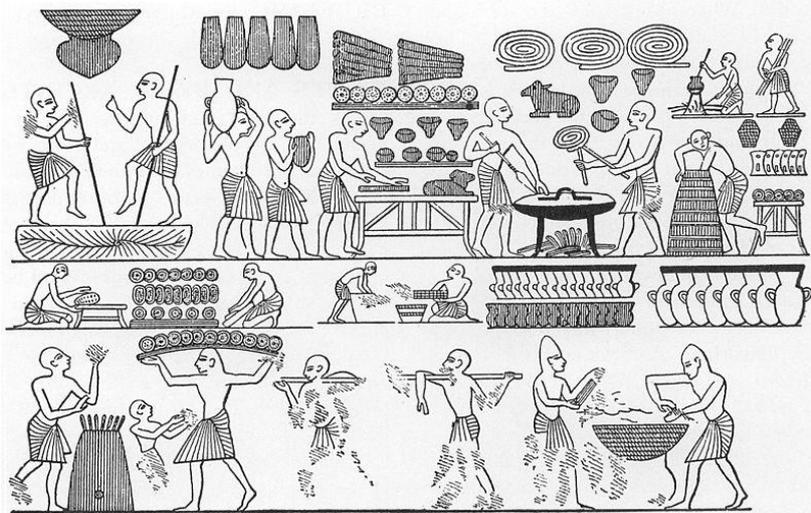
Daily mealtimes and special occasions

Most ancient Egyptians ate two meals a day: a morning meal of bread and beer, followed by a hearty dinner with vegetables, meat – and more bread and beer.

Banquets usually began sometime in the afternoon. Unmarried men and women were separated, and seating would be allocated according to social status.

Servant women would circulate with jugs of wine, while dancers would be accompanied by musicians playing harps, lutes, drums, tambourines and clappers.

Bread



A painting depicting the court bakery of Ramesses III from his tomb in the Valley of the Kings
(Credit: [The Oxford encyclopedia of ancient Egypt](#)).

Bread and beer were the two staples of the Egyptian diet.

The main grain cultivated in Egypt was emmer – known today as farro – which would be first ground in flour. It was an arduous task usually carried out by women.

To speed up the process, sand would be added into the grinding mill. This is evident in the teeth of mummies.

The flour would then be mixed with water and yeast. The dough would then be placed in a clay mould and cooked in a stone oven.