

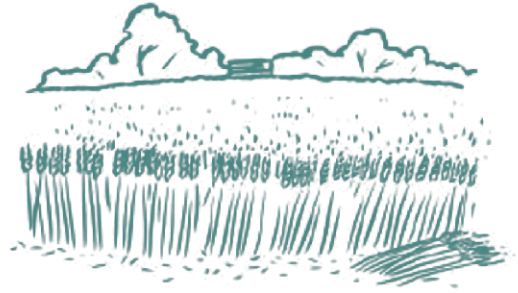
# Food Stories

## Bread



### SEEDS

The farmer prepares the ground for the seed by ploughing it to break up lumps of soil. In the UK most wheat seed is planted in the autumn. The seed germinates and the growing shoot develops green leaves.



### WHEAT FIELD

Wheat is a type of grass and is green until it ripens. In the warm summer months, the grain ripens at the top of the stem producing a colourful golden crop.



### HARVESTING

The wheat is usually harvested in August or September using a combine harvester.



### MILL

The wheat that is going to be used to make bread must be taken to the mill to be ground into flour. Wholemeal flour is made from the whole grain. For white flour, the outer layers are removed.



### DOUGH

At the bakers, bread is made from flour, yeast, water, salt and a little fat. The dough is kneaded and left to rise. It is the yeast that causes the dough to rise.



### BAKED BREAD

The bread is baked in a very hot oven which kills the yeast and sets the dough. Bread is a great source of energy, and wholemeal bread contains lots of fibre which is good for healthy digestion.