



Bread

by Bernadette Wilson



*Ready
to Read*

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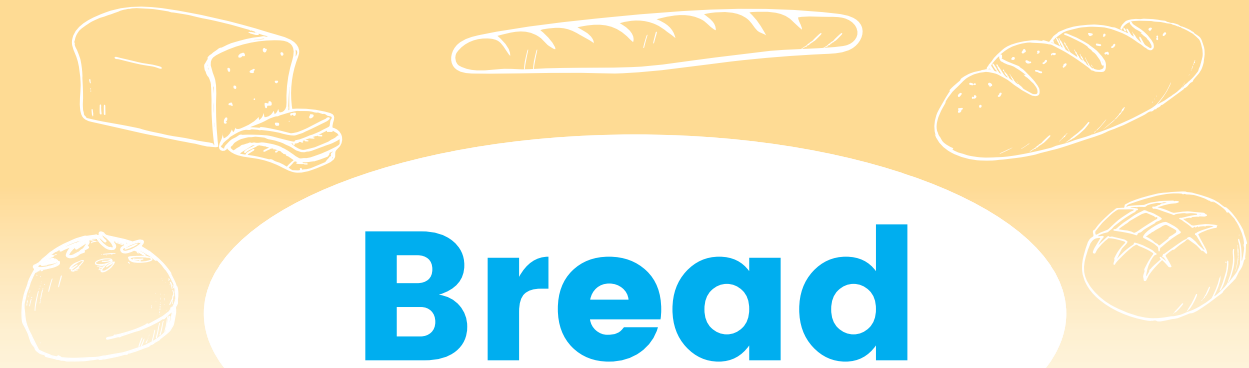
The teacher support material (TSM) and audio for Ready to Read texts

can be found online at www.readytoread.tki.org.nz

See <http://scienceonline.tki.org.nz/What-do-my-students-need-to-learn/Building-Science-Concepts>
for information about the science concepts in this text.

rēwana (reh-wah-nah): Rēwana is the name for the potato yeast used to make bread rise and is also the name of the bread itself. Sometimes it is spelt “rēwena”.

For more support with pronunciation, go to www.readytoread.tki.org.nz to hear an audio version of the text.



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Eating bread

Many people eat bread every day.

Maybe you have
toast for breakfast.



Maybe you have
sandwiches for lunch.



Maybe you have
bread with dinner.

But do you know how bread is made?

All bread is made
from flour and water,
but some bread is flat ...



... and some bread
is not flat.



This bread is not flat.
What makes bread
rise like this?

What makes bread rise?

Yeast makes bread rise.



yeast

Yeast is mixed with sugar and warm water. Soon the mixture starts to bubble.



The bubbling yeast mixture will be added to flour to make bread dough. The bubbles will make the bread rise.



Yeast is not the only thing that can make bread rise.



Potatoes can make bread rise, too!

Rēwana bread is made with potatoes instead of yeast.



rēwana bread



The potatoes are boiled in water, then mashed with some sugar and flour.

After a few days, the rēwana mixture starts to bubble. It is ready for making rēwana bread.



Making bread at home



1

The bubbling mixture is added to flour to make dough.



2

The dough is **kneaded** to spread the bubbles through the dough.



3

The dough is left in a warm place so it can rise.



One hour later



4

The dough is pressed down to get rid of the biggest air bubbles.



5

The dough is put in a tin and left to rise again.



6

The dough is put in an oven to bake.



One hour later

Many sorts of bread

Look at all these different sorts of bread —



— bread, bread, bread!

Buying bread

We can make bread,
and we can buy bread too.

We can buy bread in many places —



Making bread in a factory

Most of the bread we buy is made in a **factory**. Factories have big machines to mix the dough, and big ovens too.



1

A machine mixes and kneads the dough.



2

The dough is cut into lumps. The lumps of dough will be put into tins and left to rise.



3

The tins go into a huge oven. Many loaves of bread can be cooked at the same time.



4

The cooked bread moves along a **conveyer belt**.



5

A machine slices the bread.



6

The bread is packaged and delivered to supermarkets.



Here is the bread at the supermarket.

How do you like to eat bread?



I like eating
egg sandwiches
for lunch.



I like
fruit toast
after school.



I like to eat
pizza bread
any time!

This book is for students to read and enjoy after they have become very familiar with the big book during many shared reading sessions.

Scan the QR code or use the short URL to go directly to an audio recording of this book.



Bread

bit.ly/2MfMHsT

