

Year 3

DT Knowledge Organiser

Project eXplore topic: (or just topic/unit of work if it doesn't link)

Links with Romans

Links to other year groups:

Design and evaluate - Year 9

Key Vocabulary & Skills:

Ancient: belonging to the distant past

Roman Empire: a group of countries ruled by the Romans.

Millstones: two circular stones used for grinding grain.

Sieves: a utensil consisting of a wire or plastic mesh held in a frame, used for straining solids from liquids or for separating coarser from finer particles

Kneading: Kneading means to work the dough, usually by hand.

Dough: a thick, malleable mixture of flour and liquid, used for baking into bread or pastry.

Real World Examples:



Roman Army Bread

Ingredients

500g Doves Farm Organic Wholegrain Flour

400 ml tepid water

½ tsp salt

1 tsp Quick Dried Yeast (or use sourdough starter if you have it)

1 tbsp honey

1 tbsp olive oil

Total time required 1 hr 45 mins

Preparation time: 1 hr

Cooking time: 45 mins

In a large

bowl, mix together the flour, salt and quick yeast. Dissolve the honey

in the water and roughly mix it into the flour. When the dough is craggy,

add the oil and mix well. Knead or

work the dough for a few minutes, then divide between two 500g bread

tins or place on a large, well oiled

baking tray for an artisan-style loaf.

Cover and leave to rise for 25 minutes

in a warm place. Bake in a pre-heated

oven at 200C/180 Fan/Gas 6 for 25

minutes if using a baking tray, or 40-45 minutes if using loaf tins.

Important People:

designers/architects/engineers etc

Recent evidence indicates that humans processed and consumed wild cereal grains as far back as 23,000 years ago in the Upper Paleolithic period. From the Neolithic period 9500 BC simple stone mechanisms were used for smashing and grinding various cereals to remove the inedible outer husks and to make the resulting grain into palatable and versatile food.

Records also show that the Egyptians were baking bread as far back as 2500 years ago and sometimes paid their officials with good bread.



The Egyptian hieroglyphics

Sequence of Lessons	
	Brief summary of lesson content
Lesson 1	History of bread: https://www.dovesfarm.co.uk/hints-tips/bread-making/the-history-of-bread How bread was made in the past compared to today.
Lesson 2	History of Roman food and different classes having differing eating habits. https://www.vita-romae.com/ancient-roman-food.html History of Roman and making process of bread: https://www.vita-romae.com/roman-bread.html
Lesson 3	Food hygiene
Lesson 4	Demonstrate a variety of Roman breads that can be made. Children design their Roman bread.
Lesson 5	Children make Soldier bread recipes. children taught kneading. Taste bread and evaluate (allergy permitting) https://the1940sexperiment.com/2017/07/16/history-kitchen-roman-army-bread/
Lesson 6	Fill out evaluation for their bread designs.

