

activities



Types of Flour and their uses



Which flour contains more fibre - wholemeal or white flour?
What are the best uses for each flour?



Make a list of all the foods you can make from flour. Investigate different ways of grouping your flour products. Which do you think would fit best into a healthy diet? Think about the fat and sugar content of toppings, what it is cooked in and the ingredients. Can you make a 'word web' (or you may call it a 'mind map') showing how all your words link together?



Plan and prepare a supper for yourself or family which includes different varieties of flour. Does it matter if you replace the flour asked for in the recipe with another variety? How will you find out if the modification makes a difference to the amount of water you have to add, cooking time, taste and eye appeal?



Have a class competition to list all the foods which have flour in them (to help you get started - licorice and cakes have flour in them) - or write down all of the different kinds of breads there are (no brand names). Divide into two or more teams. Each team has a Recorder, Reporter and a Timer to keep track of how much time is left. You have 4 minutes to do this. Good luck!



At the supermarket make a list of all the different kinds of food that have flour in them and the types of flour that are used.

Does the supermarket layout help you find this information? Does the food package help you? Why would you want to find out this information? To answer these questions, find out important facts about Coeliac disease and wheat flour allergy. If possible, survey people who have these allergies and ask them what the most desirable package design and supermarket layout would be for them. Evaluate a range of designs and layouts. Produce and present the best ideas. You could even promote the best overall layout to a local supermarket and the best overall packaging to a grocery marketing publication.



Find the words.

G	A	C	G	R	A	I	N	I	K
F	F	L	O	U	R	P	R	D	S
B	E	B	Q	X	A	G	H	A	C
M	R	E	P	S	O	D	N	E	U
P	M	A	G	L	F	D	O	R	T
R	E	B	N	L	W	O	I	B	E
O	N	A	F	I	H	N	T	H	L
T	T	W	C	M	O	N	I	M	L
E	A	H	Q	U	L	W	R	N	U
I	T	E	G	B	E	O	T	R	M
N	I	A	H	T	M	R	U	E	N
L	O	T	S	S	E	B	N	U	I
E	N	A	T	O	A	T	Y	Q	A
L	T	R	E	U	L	A	V	G	R

You may go up, down, forward, backwards, and diagonally:

Nutrition

Scutellum

Wholemeal

Endosperm

Quern

Fermentation

Otane

Sandwich

Bran

Grain

Flour

Wheat

Value

Taste

Protein

Brown

Bread

Mills