

## GIVE ME DELICIOUS BREAD, BAKER

A delicious smell comes out of Francisco's shop; he is the neighborhood's baker. He gets up very early in the morning to bake the bread he will sell that day to the neighbors.



It is demanding work and requires a lot of effort every day. He gets up every morning at 5 am and works all day until the store closes. He even works Sundays and holidays because the neighbors are used to buying bread daily.



Francisco owns his own business and has an assistant, his son, Fernando, who helps with orders and purchases. In the future, when his father is older and retires, he plans to continue with the family business. That's why it's important to help his father and learn the trade.

Francisco prepares different varieties of bread, depending on the kind of flour and grains used and the seeds mixed in. He bakes oat, barley, rye, rice, and wheat bread, and even gluten free bread, for people who have celiac disease. People who suffer from celiac disease cannot eat foods that have gluten. That doesn't stop Francisco from baking special breads that they can eat.



The preparation for making bread is simple but laborious. First, Francisco prepares dough made mostly of flour from different grains, water, and salt. He adds yeast so the dough ferments allowing it to rise and get spongy. Some breads do not use yeast and stay much smoother and flatter. Bread without yeast added is called unleavened bread and is believed to be the forerunner of breads today.

Bread is made by following 4 basic steps:

1. Mix the ingredients and knead the dough.
2. Let the dough rest.
3. Bake the dough.
4. Cool the bread, let it sit, and then sell it.



Bread was first made thousands of years ago. There is even evidence of baked bread in ancient Egypt. Bread was used like money to pay workers during that time. Some historians believe that bread was made and eaten even in prehistoric times.

In the Middle Ages, the rich and most privileged classes ate white bread; while the others ate dark bread made of barley, rye, or oats. Because of this, bread was also a simple way to identify the social classes in those days.



In ancient times, it was difficult to make bread as good as we have today. Because of the invention of mills, machines, and ovens, the flavor and purity has improved greatly.



The word bread comes from the Latin word, panis. Looking back to the time of the Roman Empire, bread (usually made of wheat) was a staple food of the Roman population. In fact, growing this grain was very important as a means of survival for their society.

Bread is considered a staple food in the traditional diet in Europe, America, and many countries of the world. Each region makes its own bread with different grains, adding different spices, fruits, fats, and

oils. Even the shape and kneading of the bread varies between countries; it can be long, round, flat, or a small ball.



For example, in Mexico they eat a flattened bread called tortillas. They also eat sweet bread, rolls, and buns. In some Central American countries, the most common bread is corn tortillas, as well as in Colombia and Venezuela. In some Asian countries, such as Japan, they make a sweet bread called melonpan.

Some families in the neighborhood do not buy bread from Francisco. They make their own bread at home. They have special machines to make the bread. Others buy the bread frozen in the supermarket and bake it themselves in the oven. If the bread is not eaten the same day or the next day, it can become hard. The hard bread can be used to make breadcrumbs. To keep the bread from becoming hard, it is best to store it in a special container called a breadbox.

In my house, we buy bread from Francisco every day. It is very delicious, healthy, and nutritious. We all love it. We couldn't imagine eating without bread, so we really appreciate the effort our baker makes every day.



Name \_\_\_\_\_

Date \_\_\_\_\_

## GIVE ME DELICIOUS BREAD, BAKER

### ANSWER THE QUESTIONS:



1. Have you ever eaten bread?

a. Yes

b. No Would you like to bake your own bread ? \_\_\_\_\_

2. From the story, what does laborious mean?

a. that you know well

b. takes a lot of work

c. preparing easily

d. baking with different grain flours

3. According to the story, why do you think that it is easier to make bread now?

---

---

4. According to the story, when Francisco retires...

a. Fernando will help.

b. Fernando will continue to make lots of bread.

c. It doesn't say.

d. He will be removed and will no longer work.

5. Why was bread used in ancient Egypt?

---

---

6. Brainstorm all the words that relate to the word bread:



7. Why do you think Francisco, the baker, gets up so early ?

- a. It takes time to prepare the bread and bake it.
- b. He needs to knead rye bread.
- c. Fernando has the help of his son.
- d. He wants to exercise in the morning.



8. How does Francisco make bread for a person with celiac disease?

---

---

9. What do you think about the eating of bread in the Middle Ages?

---

---

10. Write the steps to prepare the bread and draw a picture of each step.

<p>1</p> <hr/> <hr/>	<p>2</p> <hr/> <hr/>
<p>3</p> <hr/> <hr/>	<p>4</p> <hr/> <hr/>