

Name \_\_\_\_\_

Date \_\_\_\_\_

# GIVE ME DELICIOUS BREAD, BAKER

A delicious smell comes out of Francisco's shop. He is the neighborhood baker. Francisco 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 is why he needs 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 have 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 easy but laborious. First, Francisco prepares dough made mostly of flour from different grains, water, and salt. He adds yeast, so the dough ferments and rises, getting spongy. Some breads do not use yeast and stay much smoother and flatter. Bread without yeast added is called unleavened bread and is thought to be the forerunner of breads today.



Bread is made by following four basic steps:

Mix the ingredients and knead the dough.

Let the dough rest.

Bake the dough.

Cool the bread, let it sit, and then sell it.



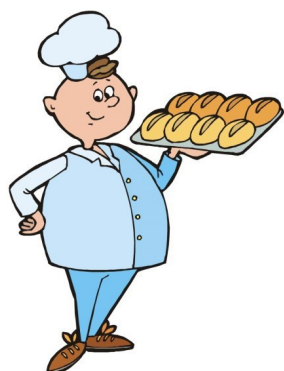
Bread was first made thousands of years ago. There is evidence that baked bread in ancient Egypt was even used as money to pay workers during that time. Some historians believe that bread was baked and eaten even in prehistoric times.

In the Middle Ages, the wealthiest 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 hard to make bread as good as we have today. Because of the invention of mills, machines, and ovens, the flavor and purity have improved.

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. 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 kinds of 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.



They make their own bread at home. They have special machines to make the bread. Others purchase the bread frozen in the supermarket and bake it themselves in the oven. If the fresh-baked bread does not get eaten the same day or the next day, it can become hard. The hard bread can be used to make breadcrumbs. It is best to store it in a container called a breadbox to keep the bread from becoming hard.

At 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.





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ANSWER THE QUESTIONS.

1. Have you ever baked your own bread?

- a. Yes
- b. No



2. From the story, what does laborious mean?

- a. knows well
- b. takes a lot of work
- c. prepares easily
- d. bakes with different grain flours

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

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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?

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

A cartoon illustration of a young girl with brown hair, wearing a yellow shirt, sitting at a desk and writing on a notepad. A thought bubble above her head contains a red question mark.

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**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?**

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

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

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