



KEY VOCABULARY

pitta bread

a **type of flatbread** common in the **Mediterranean** and the **Middle East**. It is known by a variety of different names in different countries and regions (e.g. 'pide' in Turkey). When the bread is baked it puffs up creating a 'pocket' inside

flatbread

a type of bread which is **flat**; pitta bread is a flatbread

wheat

a **type of grain** which is farmed and used to make **flour**. Most bread is made from wheat

yeast

an ingredient which is often **used in making bread** to make it '**rise**' (so it becomes springy with air bubbles in it)
it is a living organism which produces carbon dioxide when it feeds on sugar

leavened

when bread dough has **yeast added** to it, to make it rise

unleavened

when bread dough **does not have yeast added** to it

dough

a **thick mixture of flour** and other ingredients. Bread is made from dough which needs to be baked

knead

to **squeeze/press dough repeatedly** until it is **smooth and stretchy**. Pitta bread dough needs to be kneaded before it is baked

bake

to **cook** something in an **oven** – bread is baked (pitta bread is traditionally baked in a fire)



map showing countries which are known for making pitta bread



pitta bread being baked in a fire



wheat growing in a field



flour



dried yeast



kneading the dough