

# activities



## Milling of Wheat in New Zealand



Which milling process, the roller or stone, do you think makes the best bread?

Find out for yourself by using roller-milled wholemeal flour from the shop and stone-ground wholemeal flour made by yourself. Grind the wheat between two clean, smooth stones. This will take some time. Using the **Bread Recipe** make two loaves with the different flours. Draw up a table with headings such as the following...

FLOUR TYPE	HEIGHT OF LOAF	SHAPE	TEXTURE	TASTE

Which flour made the best loaf of bread? Compare your two loaves to a store-bought wholemeal loaf. Rate these loaves under your table headings. Which loaf did you like/not like over all. Why do you think it is/is not made today? What reasons could explain the differences between the two loaves?



A flour mill can be a hazardous place. What precautions do you think workers need to take? How do they protect their own health and the health of consumers?

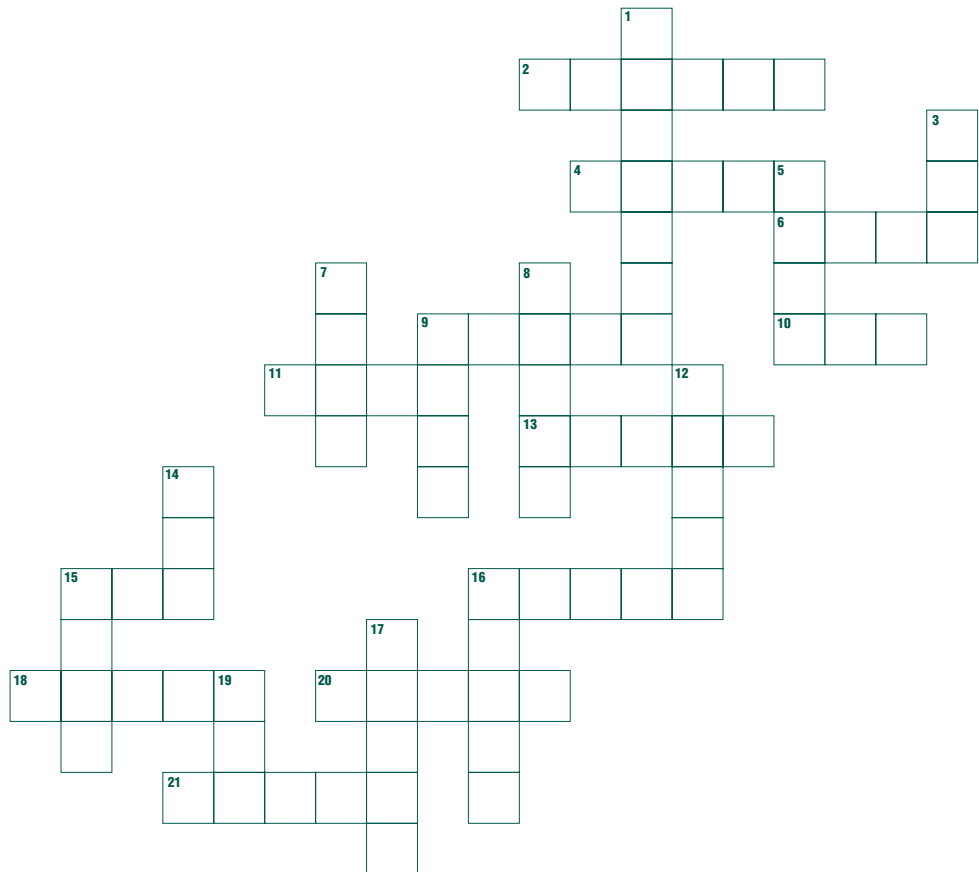


How can computers and microprocessors be helpful in flour mills? Can you find out what they do, where they are kept, how often they are used, who uses them and what they have to know to be able to use them?



Devise a set of questions to ask a Miller about the equipment he/she uses to mill wheat.

## The Great Grain Puzzle



### Across

2. Bread is usually \_\_\_\_ to make it easy to use.
4. A type of bread which looks like a donut.
6. This grain is used in porridge as well as in some bread.
9. This type of bread is made 50% white and 50% wholemeal flour.
11. \_\_\_\_ is added to bread to make it soft.
13. The wheat is the \_\_\_\_ part of the wheat plant used for flour.
15. We usually use this type of bread for burgers.
16. Bread \_\_\_\_s good and is good for you.
18. Butcher, \_\_\_\_, candlestick maker.
20. Flour comes from \_\_\_\_.
21. Addition of \_\_\_\_ is what makes a dough rise.

### Down

1. Thiamin is a \_\_\_\_ found in bread.
3. The \_\_\_\_ released by yeast in a dough makes the dough rise.
5. Remember to buy an extra \_\_\_\_ today.
7. We have to \_\_\_\_ a dough a little before it will start to rise.
8. A \_\_\_\_ is formed by mixing together flour, salt, yeast and water.
9. In some countries people \_\_\_\_ the wheat grains to get out the valuable flour.
12. A miller uses a \_\_\_\_ to separate the flour from the bran.
14. Bread is \_\_\_\_ fattening.
15. The outer coating of the wheat grain.
16. You must be careful not to burn this form of eating bread.
17. The largest selling type of bread in New Zealand.
19. This grain makes a dark type of bread.

### Word List

Bagel Beat Brown Cake Fat Grain Loaf Oats Sieve Taste Vitamin White  
 Baker Bran Bun Dough Gas Heat Non Rye Sliced Toast Wheat Yeast