

The Iron Age Bread Making Project

Summary:

This workshop series is called ‘The Iron Age Bread Making Project’. Pupils will explore the process of growing bread just like people did in the Iron Age. Starting with sowing the seed in the playground, then harvesting, threshing, making flour on millstones, and finally baking the flour into bread in the school kitchen. The pupils will grow enough plants to produce a loaf of bread for the class to share. There are three sessions to this project, and all will take part in your school and school playground.

Age Group: The project can be adapted to suit the class. However First and Second levels will gain the most from the project, because by p2 they will have the strength to use the millstones.

Requirements: In order to run the project you will need a minimum of 2m x 1m land, access to a oven is useful, but if not we have a portable one we can bring along. The milling can be done in your classroom, we will bring along two sets of milling stones for the pupils to use.

Timescale: The project begins with planting in April/ May depending on the weather (session 1), Session 2 threshing and milling is late summer/autumn October, and the final session is baking and this can be done anytime after October.

Why should you choose this workshop?

Because it is an amazing opportunity to grow a loaf of bread from an ancient landrace seed, and work through all the processes required to turn it into bread. It has given the children involved a new appreciation of bread, and also a glimpse into a really important part of the daily life of the Iron Age People.

Curriculum links:

Early	First	Second
	I can compare aspects of people’s daily lives in the past with my own by using historical evidence or the experience of recreating an historical setting. SOC 104a	I can compare and contrast a society in the past with my own and contribute to a discussion of the similarities and differences. SOC 204a
I explore and discover where foods come from as I choose, prepare and taste different foods. HWB 035a	Having explored the variety of foods produced in Scotland. I can discuss the importance of different types of agriculture in the production of these foods. SOC 109a.	
I have helped to grow plants and talk about their basic parts. I can talk about how they grow and	I can help design experiments to find out what plants need in order to grow and develop. I can	Through carrying out practical activities and investigations, I can show how plants have benefited

what I need to do to look after them. SCN 003a	observe and record my findings and from what I have learnt I can grow healthy plants in School. SCN 103a	society. SCN 202b.
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SOC= Social Studies curriculum.

SCN = Science curriculum.