

The big bread investigation

Name: _____

Bread is an important part of our diet because it is packed with carbohydrates that give us energy. There are over 200 different types of bread! Look at the bread below, can you decide which are the healthier choices?



Croissant

FACT: Croissants are made with butter, puff pastry and yeast dough.



Wholemeal pitta bread

FACT: Wholemeal pitta bread contains more fibre than white pitta.



White roll

FACT: White bread is made from processed flour. This is where part of the grain has been removed.



Rye bread

FACT: Rye bread is high in fibre and is a good alternative for people who cannot eat wheat.



Wholemeal bread

FACT: Wholemeal bread is made from the whole of the grain. No vitamins or minerals have been removed.



Baguette

FACT: Baguettes can contain up to a fifth of your daily intake of salt.

1 Name two types of bread that you think are healthier choices?

2 Why do you think they are healthier?

3 Which breads would you choose to:

Make a sandwich

Make toast

Eat with soup

