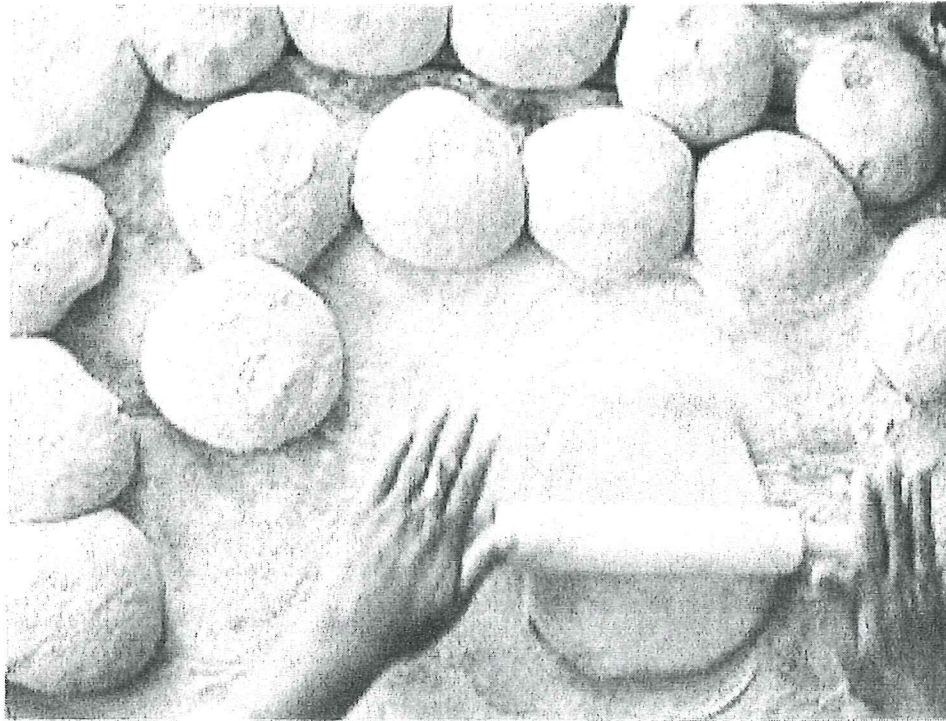


Bread Baking Now and Then

by ReadWorks

Day 10



Did you know that bread is one of the earliest human inventions? Bread is a food made of flour and water. Other ingredients and shape can vary. Scientists have learned that humans have been eating bread in some form or another for 30,000 years.

Ancient Egyptians ate a lot of bread. In fact, because they had no potatoes or rice, bread was the most important carbohydrate source in the ancient Egyptian's diet.

Egypt gets little rain. Ancient Egyptian farmers relied on the annual flooding of the Nile River to irrigate their fields. Egyptian farmers paid a portion of their grain harvest to the Egyptian treasury.

Archaeologists have discovered illustrations of bakeries and loaves of bread in ancient Egyptian burial sites. Professional bakers and home-bakers used the same production techniques. Home-bakers, usually women, baked only the bread they would need for that day.

Egyptians used a grain from emmer wheat for their bread. The grain was ground by hand on a millstone. This process cracked and crushed the grain into coarse flour. The flour was mixed with water and sometimes a little old dough. It was placed in a pot and baked in a clay

oven.

This Egyptian bread was a flatbread. Indian naan and Middle Eastern pita are two examples of flatbreads eaten today. At the end of the ancient Egyptian period, however, around 300 B.C., Egyptian bakers added to their bread an important ingredient: yeast. Yeast is a microscopic fungus. It makes bread rise.

Today bread production is more complicated. Yes, you can still bake your own bread at home with store-bought flour and yeast. You can also buy bread made at small bakeries. But the fluffy bread you see in grocery stores in the United States today is made in large commercial facilities. These commercial facilities, or plants, have business contracts to bake many different bread brands.

Most breads today are made using four basic ingredients: flour, yeast, salt, and water. Farmers across the United States grow wheat in large quantities. Half of the wheat produced is used in the United States. The other half is exported to other countries.

Grain is processed into flour by companies which then sell the flour to commercial bakeries. These bakeries produce the dough and bake the bread, then package it and arrange for its distribution to stores.

Name: _____ Date: _____

1. What have people been doing for 30,000 years?

- A. growing wheat
- B. planting crops
- C. eating bread
- D. using yeast

2. The sequence of bread-baking by the ancient Egyptians is described in the passage. When ancient Egyptians first baked bread, what happened before the flour was mixed with water?

- A. A little bit of old dough was mixed in with the new dough.
- B. The grain was ground by hand on a millstone.
- C. The dough was placed in a pot and baked in a clay oven.
- D. Home bakers baked the bread they would need for the day.

3. Bread was the most important source of carbohydrates for ancient Egyptians because they did not have rice or potatoes. What conclusion does this evidence support?

- A. Ancient Egyptians did not borrow foods from other cultures.
- B. Ancient Egyptians had access to an endless variety of foods.
- C. Ancient Egyptians did not know how to grow rice and potatoes.
- D. Ancient Egyptians had limited dietary resources.

4. What kind of climate did ancient Egypt have?

- A. dry
- B. tropical
- C. wet
- D. cold

5. What is this passage mostly about?

- A. why ancient Egyptians used emmer wheat
- B. different types of flatbreads
- C. the development of bread baking
- D. wheat production in the United States

6. Read the following sentences: "Egypt gets little rain. Ancient Egyptian farmers relied on the annual flooding of the Nile River to **irrigate** their fields."

What does the word "**irrigate**" mean?

- A. dry something out
- B. supply with water
- C. plant seeds in earth
- D. make rows in the ground

7. Choose the answer that best completes the sentence below.

Most breads today are made from four main ingredients, _____, flour, water, salt, and yeast.

- A. thus
- B. also
- C. ultimately
- D. namely

8. What is yeast, and what does it do?

9. Describe the sequence by which grain ends up as bread in a store.

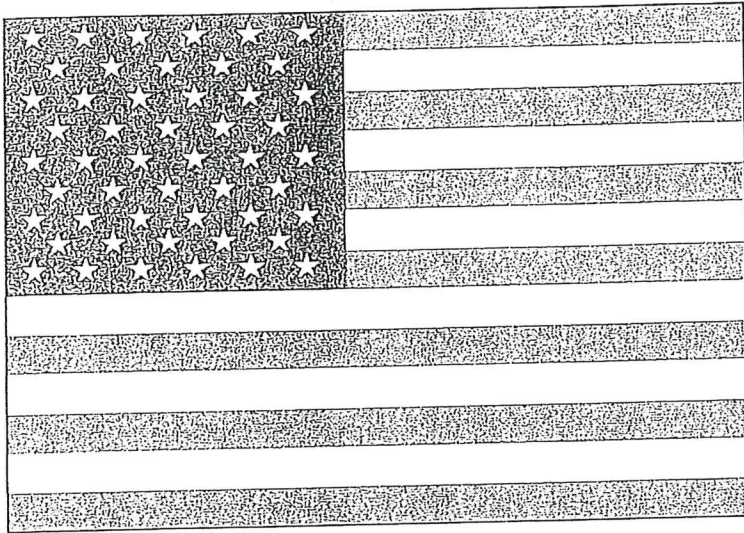
10. How has bread baking changed over time? Support your answer using information from the passage.

Name: _____

Date: _____

UNITED STATES FLAG FUN FACTS

The flag of the United States consists of thirteen equal horizontal stripes - seven red and six white, with a blue rectangle bearing fifty small, white, five-pointed stars. The fifty stars on the flag represent the fifty U.S. states and the thirteen stripes represent the original thirteen colonies. Nicknames for the flag include the Stars and Stripes, Old Glory, and The Star-Spangled Banner (also the name of the national anthem). The colors of the flag are symbolic as well: Red symbolizes Hardiness and Valor, White symbolizes Purity and Innocence and Blue represents Vigilance, Perseverance and Justice.



Number of Stripes: _____

Number of Stars: _____

Stars represent: _____

Stripes represent: _____

Red represents: _____

White represents: _____

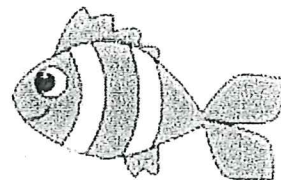
Blue Represents: _____

Flag nicknames: _____

Life Science Stories

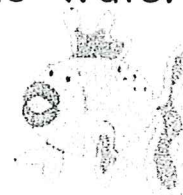
Fish

Story by Andrew Frinkle



Fish are a kind of animal. Fish can be found in rivers, lakes, swamps, seas, and oceans. Fish always need water to live. Perch, sunfish, bluegill, salmon, trout, and tuna are some common fish.

Fish are vertebrates, so they have backbones. They have scales, just like reptiles. Like reptiles and amphibians, fish are cold-blooded. They get warm or cold depending on how hot or cold the water around them is.



Fish have special body parts to help them live in water. Fish have gills to breathe air from the water. They do not have hands and feet. Instead, they have lots of fins to help them swim. Many fish also have swim bladders so they do not sink.



Science Day 10

NAME: _____

Fish

1. Fish have _____ to breathe air from the water.

(A) gills

(B) fins

(C) scales

(D) eyes

2. Which of these is NOT a place you would find fish?

(A) swamps

(B) lakes

(C) trees

(D) rivers

3. What kind of body covering do fish have?

(A) feathers

(B) slime

(C) scales

(D) fur

4. DEFINITION: a body part that helps fish swim

(A) foot

(B) wing

(C) leg

(D) fin

5. All fish need water to live.

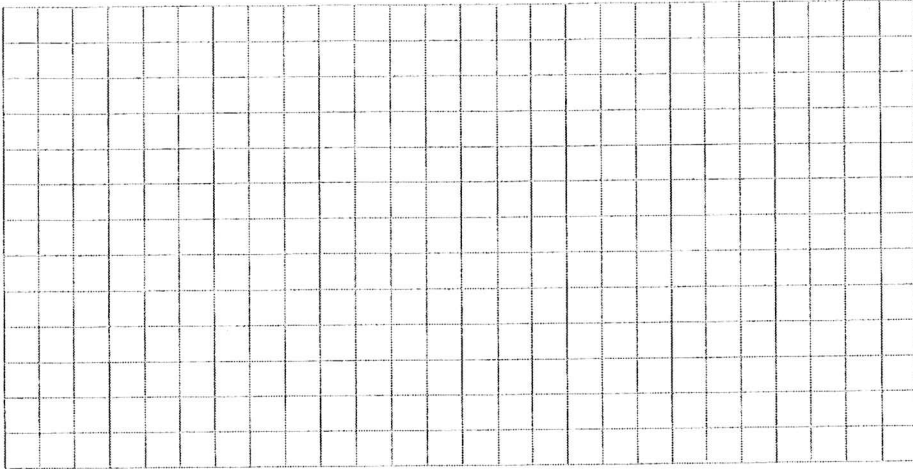
(A) True

(B) False

Name _____

Area of a Dream Bedroom

Draw a diagram of your dream bedroom.
Include in the drawing a sleeping area, a closet,
a bathroom, and a study area. Label each area.
One square unit is equal to 1 square foot.



Use your drawing to solve the problems.

1. What is the total area of the sleeping area and the study area?

2. What is the total area of the closet and the bathroom?

3. What is the total area of the bedroom, except for the bathroom?

4. What is the total area of the bedroom you drew on the grid?

5. **Write Math** ▶ How did you find the answer to Exercise 4?

Pick A Sport

NTI 2-3 Day 10



If I could pick the sport we played in PE today, I would pick _____

The reason I would pick this sport is _____

This sport includes the following exercises to keep me healthy: _____

Kids should get at least **60** minutes of physical activity a day.

Why is PE important?

