

Name:-

Types of Flour

Complete the table using the text box statements from below.

| Name of flour: | What is it? | How is it used? What products? |
|------------------------------|-------------|--------------------------------|
| White bread flour | | |
| White plain flour | | |
| White self-raising flour | | |
| Wholemeal bread flour | | |
| Wholemeal plain flour | | |
| Wholemeal self-raising flour | | |
| Cornflour | | |
| Gluten free flour | | |

| | | |
|--|---|--|
| Used for white bread and choux pastry | Wheat flour Low in protein Contains NO raising agent | Wheat flour High in protein, gluten Contains NO raising agent High in fibre |
| Corn / Maize flour No gluten Contains NO raising agent | Used for wholemeal bread | Wheat flour Low in protein, gluten Contains NO raising agent High in fibre |
| For a healthy option fruit cake | Wheat flour Low in protein, gluten Contains a raising agent | A mix of rice, potato, tapioca, maize / corn flour and Buckwheat. |
| Used to thicken sauces | Used for Coeliacs, who are allergic to gluten | Good for pastry |
| Good for savoury pastry products like pasties or Quiche | Best for cakes, rock buns | |

Stretch and Challenge:

1. Which type of flour, white or wholemeal, are we told is better for us? Explain why.
2. Why can't a plain weak flour be used for bread making?
3. Look at a bag of Gluten free flour and list the ingredients.