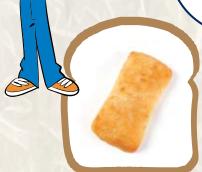


Different types of bread are made around the world. Remember to eat wholegrain bread if you can, because it's better for you than white bread.

# Jearnwith Searcher BRITTIANT

# BREAD



#### **Glaballa**

A ciabatta is an Italian bread made from wheat flour. Ciabatta means 'slipper' in Italian. Try it with tomato, mozzarella cheese and fresh basil leaves.



# Bagel

A bagel is a round bread roll with a hole in the middle made from wheat flour. It's a Jewish speciality. Try it with tuna, tomatoes and cucumber.



# Dark rye bread

Dark rye bread is made from rye flour. It's very popular in Germany. Try it with eggs, lowfat mayonnaise and cress.



#### Soda bread

Soda bread is a traditional Irish bread made from wholewheat flour. Try it with some yummy leek and potato soup.



# Chapati

A chapati is an Indian round flat bread made from wheat flour. People use it instead of forks to scoop up their food. Try it with a delicious chickpea curry.



### Pitta bread

Pitta bread is an oval shaped flat bread made with wheat flour. It's popular in Greece and Turkey. Cut it down the side to make a pocket and enjoy it with falafel, tomato and green salad.



#### Tortilla

A tortilla is a Mexican round flat bread made from maize flour. Try it as a wrap with chicken, cucumber, red pepper and lettuce.



#### Sliced bread

Sliced bread is very common in Britain and the USA. There are many types, including white, granary and wholemeal. Try it with houmous and grated carrots.



- How many types of bread can you name?
- What types of bread have you tried?
- What is your favourite type of bread?
- What kind of foods do you usually eat bread with?



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