



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.

# Learn with Searcher **BRILLIANT BREAD**



## **Ciabatta**

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, low-fat mayonnaise and cress.



## **Soda bread**

Soda bread is a traditional Irish bread made from wholewheat flour. Try it with some gummy 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.

### **Bread challenge**

- 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?