



EGYPTIAN FLATBREAD

Made using flour, salt and water, these flatbreads were a staple food in ancient Egyptian diets as they were cheap and easy to make. Most people had them every day, and now they make a perfect side dish to go with dips.



Skills Check: Follow a recipe; follow food safety & hygiene rules; use a sieve; use measuring spoons, use a measuring jug to measure liquid, shape dough; use an oven (with adult supervision), tidy away.

Equipment: Mixing bowl, wooden spoon, measuring jug, clean tea towel, rolling pin, baking sheet, greaseproof paper.

Ingredients (serves 12 children):

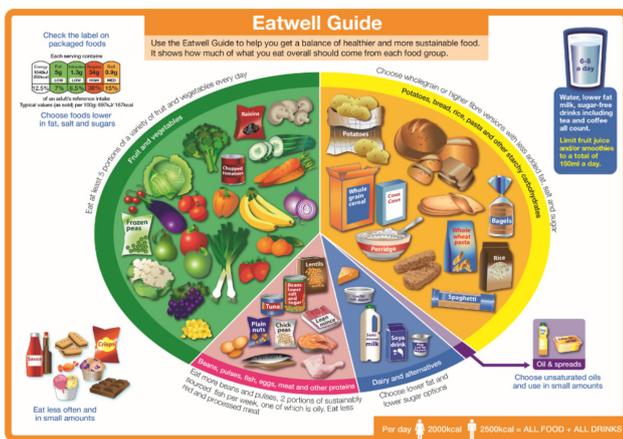
- 500g flour
- 2 teaspoons of salt
- 300ml water
- 3 tablespoons olive oil

Method

1. Mix together the flour and salt in a large bowl.
2. Gradually pour in the water and the oil.
3. Knead the mixture into a dough until it is really smooth.
4. Cover the bowl with a clean tea towel and leave for 30-40 minutes to 'rest'.
5. Divide the mixture into 8 even sized balls and roll them out to about 1cm thick.
6. Place the flat breads on a lined baking tray, then cook in the oven at 200C for 15 minutes.
7. Allow to cool before eating!



EGYPTIAN FLATBREAD Nutrition Information



The Eatwell Guide helps us take a look at what we eat during the day (including any snacks) and shows us we need to try and eat:

- plenty of fruit and vegetables
- plenty of bread, rice, potatoes, pasta and other starchy foods – choose wholegrain varieties when you can
- some milk and dairy foods
- some meat, fish, eggs, beans and other non-dairy sources of protein
- just a small amount of oils and spreads

Energy, sugar, fat and salt per serving

Per 71g serving

ENERGY	739kJ / 175kcal	9%
FAT	3.7g	5%
SATURATES	0.6g	3%
SUGARS	0g	0%
SALT	0.82g	14%

% of an adult's reference intake
Typical values per 100g : Energy 1046kJ / 248kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.

So, thinking about Egyptian Flatbreads ...

Bread is a good source of complex carbohydrates which gives us energy. It is also a good source of fibre and B vitamins. In general, wholemeal and whole-grain flours/bread tend to be more nutritious than white, and they also contain more fibre.

