

# Flour

What is flour? Powder made from grain, especially wheat, used for making bread, cakes, pasta, pastry. Other grains such as rice, corn, rye can be used but wheat flour is the most commonly used flour.

Complete the table below with the different types of flour from the keywords box.

<b>KEY WORDS:</b>	<b>Plain flour</b>	<b>Wholemeal flour</b>	<b>Gluten free flour</b>
	<b>Self Raising flour</b>	<b>Strong flour</b>	<b>Cornflour</b>

	Made from winter wheat – it has a low protein (gluten) content. Normally used for cakes, pastries and biscuits: this type of flour produces a fine crumb and texture.
	Also made from winter wheat – but instead of being sieved to produce white flour, all parts of the original grain are left. This makes it darker and coarser and in baking produces a heavy, close texture due to the germ reducing the rise. The brown colouring is due to the bran and products can also be very dry with a slight nutty flavour.
	This flour has the same properties as plain flour. However this flour has had a raising agent added into it.
	This type of flour is also known as bread flour. It contains high levels of the protein gluten. The gluten helps to produce a very elastic/stretchy dough which provides the structure of the product. This type of flour comes from spring wheat.
	Made from Maize (sweet corn) using the same milling process as wheat flour. This flour is almost 100% starch. It is not suitable for making cakes, biscuits or pastry because it has a very low gluten content therefore can not hold structures very well. Instead this type of flour is often used as a thickening agent e.g. in sauces.
	This flour has had the protein removed from it and is made for people who have coeliac disease.

Name 6 types of grain that flour can be made from eg wheat,

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<b>NUTRITION: Typical values</b>	
<i>Per 100g</i>	
<b>Energy</b>	<b>1440kJ</b> <b>340kcal</b>
<b>Fat</b>	<b>1.3g</b>
of which saturates	0.2g
<b>Carbohydrate</b>	<b>70.4g</b>
of which sugars	1.5g
<b>Fibre</b>	<b>3.1g</b>
<b>Protein</b>	<b>10.0g</b>
<b>Salt</b>	<b>Nil</b>

**FACT: Flour is quite a healthy food.**

Research the eatwell guide to find where flour would be in the food groups then use the table and your knowledge of the eatwell guide and healthy eating guidelines to help you explain why.

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