Suggested levels for Guided Reading, DRA™, Lexile®, and Reading Recovery™ are provided in the Pearson Scott Foresman Leveling Guide.

Scott Foresman Reading Street 3.5.4

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The World of Bread!

by Patricia West

ISBN 0-328-13391-4

The World of Bread!
1. People all over the world make bread. What conclusion can you draw about the importance of bread in the list of world foods?

2. Make a web to summarize what you learned about bread. Write the word bread in the middle oval. Tell about different kinds of bread in the other ovals.

3. What are some ingredients you would expect to find in a bakery?

4. Reread the sidebar on page 8. What does it tell you about how long people have been baking bread?
Breads come in as many varieties as there are countries in this world.

Bread! Bread! Bread! People around the world eat it. Bread is a mixture of two basic ingredients: flour and water. Other ingredients may be added.

Flour and water are mixed together to form a dough. Then a baker kneads the dough and shapes it into a batch of loaves.

Long ago, some people ate their food from thick pieces of bread called “trenchers” instead of plates. When they finished eating, the dogs got the trenchers for their meal.
Because, many years ago, bread was sometimes used as money, the word “dough” is sometimes used today as a slang term for “money.”

In the early 1900s, people from Poland came to the United States. They brought with them a recipe for a delicious bread—the bagel. The baker first **boils**, then bakes the bagel roll.

Tortillas have been made this way for thousands of years.

From Mexico comes the **tortilla**. Corn or wheat flour is mixed with water and patted into a thin, flat circle. Then it is fried on a hot griddle. When the tortilla is filled with meat and tomatoes and cheese, it becomes a taco.

A Mexican **bakery** will sell many shapes of sweet breads, such as **alamares** (frogs), **orejas** (ears), **gendarmes** (police officers), and **pelonas** (bald ladies).
In India, children eat *chapati*. This is a flat, round, chewy bread. The dough is shaped into a circle and browned on both sides in a very hot frying pan. Then it is held above an open flame.

Pita is commonly eaten at most meals in the Middle East.

Pita bread, which is eaten in Middle Eastern countries, is also called “pocket bread.” That’s because the round, thin bread can be cut in half-circles to make a pocket for filling. Fillings can be meat or vegetables.
Ethiopian families use *engera* to scoop up their food.

The smallest grain in the world, *teff*, is used to make bread in the African country of Ethiopia. Bread made from teff is called *engera*. It is flat and tastes sour.

Challah is a sweet bread made in Jewish homes and eaten on the Sabbath or on holidays. Sometimes the dough is braided. Poppy or sesame seeds are often sprinkled on the challah.

Everyone helps make challah.

An old legend says that whoever eats the last piece of bread must kiss the cook.

In another African country, Egypt, a basket of bread baked about 3,500 years ago was found in a tomb.
Just about everyone loves pizza! The first pizza was said to have been made in Italy. A baker took a piece of flat bread and created a treat for the queen of Italy. He used foods the colors of the Italian flag: tomatoes (red), cheese (white), and basil (green).

A French baguette is a skinny loaf of bread about two feet long. Unlike flat breads, baguettes are made with yeast.

The next time you go to a food store or bakery, try to find some of the breads you have read about. Try them!

In the United States 100 years ago, a loaf of bread cost about three cents.

Pizza became popular in the United States after American soldiers returning home from Italy during World War II began asking for the tasty treat!
**Glossary**

- **bakery** *n.* a place where bread is made and sold.
- **batch** *n.* a quantity made at one time.
- **boils** *v.* cooks in very hot water.
- **braided** *v.* formed by weaving together three or more strands.
- **dough** *n.* a soft, thick mixture of flour, liquid, and other things from which bread is made.

- **ingredients** *n.* parts of a mixture.
- **kneads** *v.* folds, presses, and stretches together into a soft mass.
- **mixture** *n.* a substance containing several ingredients blended together.

**Reader Response**

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