

## World's oldest bread recipe found

21st July, 2018



Researchers have found the world's oldest example of bread. A research team from the universities of Cambridge, Copenhagen and London found ancient breadcrumbs while on an archaeological dig in Jordan. The

breadcrumbs were charred and burnt, which is how they survived for so long. The researchers dated the crumbs and found they were roughly 14,400 years old. This means that people in the Stone Age were baking bread. The researchers said humans were making bread 4,000 years earlier than scientists thought. The people who baked the bread lived in Jordan from around 12,500 to 9,500 B.C. They were hunter-gatherers and lived thousands of years before humans settled down to become farmers.

The researchers discovered 24 burnt breadcrumbs. They analyzed them and found they were made from cereal plants such as barley, wheat and oats. Lead researcher, Dr Amaia Otaegui, said the bread took a long time to make. The ancient Jordanians began by grinding cereals into a fine flour. They then mixed the flour with water to make dough. After that, they baked it in the hot ashes of a fireplace or on a hot stone. The bread looked like the flat pitta bread still made across the Middle East today. Another researcher said the bread could be one reason for the agricultural revolution starting. Stone Age people realized it was easier and more convenient to farm the wheat for bread instead of gathering it from the wild.

Sources: [smithsonianmag.com](http://smithsonianmag.com) / [bbc.com](http://bbc.com) / [reuters.com](http://reuters.com)

## Writing

Bread is the greatest food on Earth. Discuss.

## Chat

Talk about these words from the article.

researchers / bread / breadcrumbs / survived / Stone Age / baking / hunter-gatherers / cereal plants / flour / dough / ashes / Middle East / agricultural revolution / the wild

## True / False

- Archaeologists found an old loaf of bread in Jordan. T / F
- Breadcrumbs that archaeologists found were burnt. T / F
- The breadcrumbs were over 14,000 years old. T / F
- The breadcrumbs come from bread made by hunter-gatherers. T / F
- Researchers say the breadcrumbs are from bread made from rice. T / F
- The ancient bread probably looked like the pitta bread of today. T / F
- The bread started the end of the agricultural revolution. T / F
- Hunter-gatherers said gathering wild wheat was easier than farming. T / F

## Synonym Match

(The words in **bold** are from the news article.)

- |                       |                   |
|-----------------------|-------------------|
| 1. <b>example</b>     | a. about          |
| 2. <b>ancient</b>     | b. favorable      |
| 3. <b>found</b>       | c. discovered     |
| 4. <b>roughly</b>     | d. examined       |
| 5. <b>thought</b>     | e. specimen       |
| 6. <b>analyzed</b>    | f. embers         |
| 7. <b>fine</b>        | g. cause          |
| 8. <b>ashes</b>       | h. very, very old |
| 9. <b>reason</b>      | i. powdery        |
| 10. <b>convenient</b> | j. believed       |

## Discussion – Student A

- What do you think about what you read?
- What else can we use cereals for?
- What else can we use flour for?
- How do you make bread?
- Is flat bread or risen bread best?
- Which is better - bread or rice?
- What would life be like without bread?
- What questions would you like to ask the researchers?

## Phrase Match

- |                                      |                           |
|--------------------------------------|---------------------------|
| 1. the world's oldest                | a. were baking bread      |
| 2. an archaeological                 | b. to farm the wheat      |
| 3. people in the Stone Age           | c. down to become farmers |
| 4. They were hunter-                 | d. the Middle East today  |
| 5. before humans settled             | e. from the wild          |
| 6. they were made from cereal plants | f. gatherers              |
| 7. they baked it in the hot          | g. such as barley         |
| 8. pitta bread still made across     | h. example of bread       |
| 9. it was easier and more convenient | i. ashes of a fireplace   |
| 10. gathering it                     | j. dig in Jordan          |

## Discussion – Student B

- What do you think of bread?
- How useful is bread?
- How healthy is bread?
- Was Stone Age food healthier than the food we eat today?
- What else did Stone Age people eat?
- Would you like to go to a Stone Age restaurant?
- How did society change when we became farmers?
- What kind of bread do you like?

## Spelling

- the world's oldest lxmaeep of bread
- ennacit breadcrumbs
- how they vvesurid for so long
- they were hoyrglu 14,400 years old
- They were hunter-trsrehage
- before humans seteltd down to become farmers
- They anzdlyae them
- they were made from clerea plants
- into a fine ulofr
- with water to make dhugo
- the agricultural lintooervu
- it was easier and more nnneevoitc

### Answers – Synonym Match

1. e	2. h	3. c	4. a	5. j
6. d	7. i	8. f	9. g	10. b

## Role Play

### Role A – Pitta Bread

You think pitta bread is the best kind of bread. Tell the others three reasons why. Tell them what is wrong with their kinds of bread. Also, tell the others which is the worst of these (and why): baguette, bread roll or sandwich bread.

### Role B – Baguette

You think baguette is the best kind of bread. Tell the others three reasons why. Tell them what is wrong with their kinds of bread. Also, tell the others which is the worst of these (and why): pitta bread, bread roll or sandwich bread.

### Role C – Bread Roll

You think bread roll is the best kind of bread. Tell the others three reasons why. Tell them what is wrong with their kinds of bread. Also, tell the others which is the worst of these (and why): baguette, pitta bread or sandwich bread.

### Role D – Sandwich Bread

You think sandwich bread is the best kind of bread. Tell the others three reasons why. Tell them what is wrong with their kinds of bread. Also, tell the others which is the worst of these (and why): baguette, bread roll or pitta bread.

## Speaking – Breads

Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- |                  |               |
|------------------|---------------|
| • Bread roll     | • Pitta bread |
| • Chapatti       | • Bagel       |
| • Sandwich bread | • Nan bread   |
| • Rye bread      | • Baguette    |

### Answers – True False

a	F	b	T	c	T	d	T	e	F	f	T	g	F	h	F
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Answers to Phrase Match and Spelling are in the text.