

The Journey of Flour

Flour is an ingredient found in lots of different foods. It can be used to make bread, cakes, biscuits, pasta and even sausages. Most flour is made from wheat.

How is flour made?



Wheat is grown by farmers and then harvested.

It is taken to a mill and cleaned.

The wheat grain is separated into three parts using rollers inside a milling machine.

Next, the bran and wheat germ are sifted out.

The rest of the grain is ground into fine flour by rollers.

The flour is taken to bakeries, supermarkets and shops ready to be sold.

What types of flour are there?

There are many different types of flour.

- Plain flour can be used to make cakes, biscuits, pastry, pancakes and pizza dough.
- Self-raising flour contains an ingredient called baking powder. This helps the dough to rise and is good for baking cakes, scones and muffins.
- Wholemeal flour is made from the whole wheat grain. It can be used in wholemeal bread or pasta.
- Bread flour has lots of gluten. This helps to make a stretchy dough.

Did you know...?

- Around 5 million tonnes of flour is made in the United Kingdom every year.
- Some people can't eat wheat flour because they can't eat gluten.