

The Wide World of Bread

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How many ways do you eat bread? You might have toast with jelly at breakfast, a cheese sandwich for lunch, and a roll with dinner. Bread comes in many

delicious varieties.

Bread is made with a few basic things: grain and liquid. That's why almost every culture has a kind of bread. In addition, people can make bread with products that grow well where they live. For example, bread is made with corn in Mexico and with wheat in the United States.

There are two basic kinds of bread: bread made with yeast and bread made without yeast. Yeast needs to rise before baking, so yeast breads take longer to make. Breads made without yeast does not have to rise before baking.

Almost 1,000 years ago, the people who spoke Old English used the word *hlaf*, or loaf, as their word for bread. The word *lord* also came from *hlaf*. It meant "one

who guards the loaves." That shows how important bread was at that time. Later, the word became *lof*.

The word *bread* came into English later. It came from the German word *brot*. The word may also have come from an Old English word that meant "bits" or "pieces." It then came to mean "pieces of bread." Finally, *bread* came to have the meaning we know today.

Bread is often shaped into loaves. However, it can also be shaped into disks, called flat breads. You probably know one type of flat bread, which was first made in Italy. When it is topped with tomato sauce and cheese, it is called *pizza*. *Pizza* means "pie" in Italian.

Bread is an important part of many people's diets. That's because it doesn't cost a lot to make, and it can be served in many ways. No matter how you slice it, bread is delicious.



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