

YEAST BREADS ON THE RISE

First Year

1. Review the food guide pyramid and the number of servings required from each group (pages 8 -10)
2. Why is fat an important nutrient? (page 11)
3. What is dietary fiber and why is it important? What is the difference between soluble and insoluble fiber? (page 11)
4. What are the main ingredients in bread products and what are their roles in making yeast breads? (pages 13 + 14)
5. Know the differences in the types of wheat flour. (Page 13)
6. What do these nutrients found in bread and grain products do in the body? (page 15)

Protein	Carbohydrate	Thiamin	Folic Acid
Niacin	Calcium	Fiber	Iron

7. Explore the bakery career options in your community. (page 16)
8. Be able to explain the five methods of mixing yeast breads. (Page 17)

Traditional	Sponge-Dough	Mixer	Batter or No Knead
Bread Machine			

9. Describe the steps in kneading bread. (Page 19)
10. How do you test to see if the dough has doubled in size? (Page 20)
11. Where are 4 places where you can raise bread? (Page 20)
12. What are points to consider when selecting baking pans? (Page 21)
13. Be able to describe how to freeze and defrost baked bread. (Page 22)
14. Be able to discuss the effects of freezing bread dough. (Page 22)
15. Be able to discuss the results from experiment on page 24.
16. Be able to demonstrate how to shape rolls as shown on page 26.
17. Be able to evaluate a loaf of bread. (Pages 34 - 35)
18. Complete summary chart on Pages 36 and 37.

Second Year

1. Review study questions from first year.

2. Be able to give a definition of the following:

Bagels English Muffins Pita Bread

3. Be familiar with other types of flours and how they differ from wheat flour. For example: rye, oat flour, etc.
4. How does sweet dough differ from traditional dough? (Page 50)
5. Be familiar of substitutions and kitchen equivalents. (Page 39)