

Guide to Good Food © 2012
Chapter 22: Breads—Technology Activity

The Development of Hard White Wheat

MyPlate recommends that at least half a person’s daily intake from the grains group come from whole-grain sources. Many people fall short of this goal. Eating oatmeal and brown rice would add whole grains to the diet. For those already eating a variety of bread products, however, switching to whole-wheat breads would be a simple way to meet dietary advice.

Some people say they don’t eat whole-wheat bread because they don’t like the taste, which they may describe as bitter. The coarse texture and dark color are also unappealing to some. These characteristics come from the type of wheat—hard red winter wheat—that is used to make whole-wheat bread.

Wheat breeding technology has led to a major breakthrough in wheat production. Wheat breeders have used their knowledge of genetics to develop hard white wheat. When used in its whole-grain form, this wheat provides similar nutrient benefits to whole-grain red winter wheat. It bakes into bread that has a flavor, texture, and color much like refined white bread, however. The development of hard white wheat is likely to change the future for wheat farmers, commercial bakers, and consumers alike.

Answer the following questions to help you explore the impact of this advance in wheat technology on the U.S. diet.

Activity Questions:

1. Name three quick bread and two yeast bread products that are traditionally made with all-purpose flour.

2. Suppose half the all-purpose flour in each of these recipes was replaced by whole-wheat flour. How do you think the flavor, texture, appearance, and nutrition of these products will be affected? Explain whether you consider each of these effects to be positive or negative and why.

Name _____ Date _____

3. How would these recipes be affected if the all-purpose flour was replaced with hard white whole-wheat flour?

4. How is increased marketing of hard white wheat likely to affect the U.S. diet?