

# ***Adventures in Food and Nutrition! © 2012***

## ***Chapter 19: Bountiful Breads***

### **Tools:**

---

- Printer
  - 8.5" x 11" paper
  - Scissors
- 
- 
- 
- 

### **Directions:**

---

1. Print
  2. Fold paper in half vertically
  3. Cut along dashed lines
- 
- 
- 
- 



batter

A mixture containing flour and water that can be poured.

- FOLD -

01 of 07 E-Flash Cards



dough

A mixture containing flour and water that is thick and stiff enough to be handled or kneaded.

- FOLD -

02 of 07 E-Flash Cards



gluten

A sticky, elastic protein that forms when flour is mixed with liquid.

- FOLD -

03 of 07 E-Flash Cards



leavened bread

Bread that contains baking soda, baking powder, or yeast, which causes it to rise.

- FOLD -

04 of 07 E-Flash Cards

leavening agent

Ingredient added to baked goods that produces gas bubbles, which cause the baked goods to rise.

- FOLD -

05 of 07 E-Flash Cards



unleavened bread

Bread that does not contain leavening agents, so it does not rise.

- FOLD -

06 of 07 E-Flash Cards



yeast

A tiny plant that is the leavening agent used in breads.

- FOLD -

07 of 07 E-Flash Cards



- FOLD -