

**Adventures in Food and Nutrition! © 2012**  
**Chapter 19: Bountiful Breads—Glossary**

**batter.** A mixture containing flour and water that can be poured.

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

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

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

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

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

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