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| Course Competency #\_\_\_: |

**Yeast and How It Works Worksheet**

Use your Chapter 3 Packet “Yeast and How it Works” to complete this worksheet.

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**42 Points Possible** Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Per. \_\_\_\_\_\_\_\_\_\_

1. Describe the difference between the two types of yeast found in the grocery story: **(4)**

Instant Active Dry Yeast:

Active Dry Yeast:

1. What type of organism is yeast? **(1)**
2. Three conditions are necessary for yeast to grow. They are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. **(3)**

1. As yeast cells feed, they release \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . The first ingredient helps the bread to rise; the second evaporates in baking. **(2)**

1. What ingredients do master bakers manipulate to change the rise time and flavors of bread and how do they do it? **(4)**
2. How is bread improved with slower fermentation? **(2)**
3. What problems occur if bread dough is too dry? **(2)**
4. Describe two ways of adding a slightly acidic environment for the yeast. **(2)**
5. How do salt and sugar change the growth of yeast? **(2)**
6. The ideal temperature for yeast to grow is in the range of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **(1).**
7. When are three times when the baker’s “secret weapon” is used in bread making? **(3)**

a.

b.

c.

1. What is the ideal temperature range to bake finished bread? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **(1)**
2. How is a light, fluffy bread achieved? **(2)**
3. Sourdough bread rises slowly. Why is this recommended? **(2)**
4. Why is bread kneaded? **(4)**
5. What is the benefit of using bread flour? **(2)**
6. The more fat in the bread, the more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the bread. **(1)**
7. What type of bread is healthier, brown or white and why? **(2)**
8. Why does altitude make a difference when making bread and how can this be remedied? **(2)**

