



CookTalk Academy

Reading Comprehension: The Magic of Sourdough

Read the article about sourdough bread and answer the questions.

Sourdough bread is one of the oldest types of bread in the world. Unlike modern bread made with commercial yeast, sourdough uses a natural starter, a mixture of flour and water that captures wild yeast and bacteria from the air. This starter helps the dough rise and gives sourdough its unique tangy flavor and chewy texture.

Making sourdough requires patience. The starter takes several days to become active. Once it's ready, it is mixed with more flour and water to create the dough. The dough is then left to ferment, sometimes overnight, which improves its flavor and makes it easier to digest. After fermenting, the dough is shaped, allowed to rest, scored on the surface, and baked until golden brown.

Sourdough is not just delicious, it's also healthier than many other breads. The long fermentation process breaks down some of the gluten and phytic acid in the flour, making nutrients more available to the body. Many people find sourdough easier to digest than regular bread.

Baking sourdough is an art and a science. Bakers need to watch the dough carefully, feel its texture, and adjust for the temperature and humidity. Every loaf of sourdough is unique, and many people enjoy the process as much as the result.

Whether you bake it yourself or buy it from a bakery, sourdough connects us to centuries of bread-making tradition and reminds us to slow down and enjoy the simple things.

Answer the questions below.

1. **What is the main difference between sourdough and modern bread?**
A) Sourdough uses sugar instead of flour
B) Sourdough uses wild yeast instead of commercial yeast
C) Sourdough doesn't need time to ferment
D) Sourdough is baked at a lower temperature

2. **What two ingredients are used to make the sourdough starter?**
A) Flour and sugar
B) Water and salt

- C) Flour and water
- D) Yeast and milk

3. What does the starter capture from the air?

- A) Salt and sugar
- B) Wild yeast and bacteria
- C) Water and flour
- D) Heat and light

4. How long does it usually take for the starter to become active?

- A) A few hours
- B) A day
- C) Several days
- D) A week

5. What happens to the dough after it is mixed?

- A) It is eaten immediately
- B) It is left to ferment
- C) It is frozen
- D) It is boiled

6. Why is sourdough easier to digest than regular bread?

- A) Because it has no gluten
- B) Because it has more sugar
- C) Because of the long fermentation process
- D) Because it is eaten raw

7. What does scoring the dough mean?

- A) Baking it at high heat
- B) Cutting the surface before baking
- C) Adding sugar on top
- D) Shaping it into a ball

8. Which of the following is a health benefit of sourdough?

- A) It contains more salt
- B) It is easier to digest
- C) It has no carbohydrates
- D) It requires no cooking

9. Why is baking sourdough considered an art and a science?

- A) Because it uses only machines
- B) Because it is very easy
- C) Because it requires careful observation and skill
- D) Because it takes just a few minutes

10. According to the article, what does sourdough remind us to do?

- A) Work faster
- B) Enjoy fast food
- C) Slow down and enjoy simple things
- D) Avoid bread completely