Name: _____ Class: _____ Date: _____

YEAST BREADS

Grade 11 Food and Nutrition | Interactive Assignment | 30 Questions / 30 Marks

Select your answer using the interactive field that your teacher will add beneath each question.

SECTION A – MULTIPLE CHOICE (15 MARKS)

1. Which ingredient produces carbon dioxide during fermentation?

A. Salt
B. Yeast
C. Flour
D. Fat

CLICK TO SELECT YOUR ANSWER (interactive field will go here)

2. Which ingredient forms gluten when mixed with water and kneaded?

A. Flour
B. Sugar
C. Salt
D. Oil

CLICK TO SELECT YOUR ANSWER (interactive field will go here)

3. What is the main purpose of kneading yeast dough?

A. To cool the dough
B. To develop gluten
C. To stop fermentation
D. To brown the crust

CLICK TO SELECT YOUR ANSWER (interactive field will go here)

4. What happens when yeast ferments sugars in dough?

A. The dough freezes
B. The dough loses all moisture
C. Carbon dioxide is produced
D. Salt disappears

CLICK TO SELECT YOUR ANSWER (interactive field will go here)

5. Which condition generally helps yeast dough rise?

A. A suitably warm environment
B. A freezer
C. Boiling water
D. An uncovered dry surface

CLICK TO SELECT YOUR ANSWER (interactive field will go here)

6. Why should very hot water be avoided when preparing yeast dough?

A. It adds too much gluten
B. It can kill the yeast
C. It removes the salt
D. It makes flour sweeter

CLICK TO SELECT YOUR ANSWER (interactive field will go here)

LIVEWORKSHEETS

7. What does “proofing” mean in bread making?

A. Cooling the baked loaf

B. Allowing dough to rise

C. Slicing the loaf

D. Adding icing

CLICK TO SELECT YOUR ANSWER (interactive field will go here)

8. What is done after the first rise in a traditional loaf method?

A. Slice the dough

B. Freeze the dough

C. Knock back and shape the dough

D. Serve immediately

CLICK TO SELECT YOUR ANSWER (interactive field will go here)

9. When does final proofing take place?

A. Before ingredients are measured

B. After shaping and before baking

C. After slicing

D. During cooling

CLICK TO SELECT YOUR ANSWER (interactive field will go here)

10. Which describes a typical lean yeast dough?

A. High in butter and sugar

B. Mainly flour, water, yeast and salt

C. Made without flour

D. Always filled with fruit Mrs. K. Rolle | Yeast Breads Page 2

CLICK TO SELECT YOUR ANSWER (interactive field will go here)

11. Which bread is commonly associated with rich, enriched dough?

A. Brioche

B. Plain baguette

C. Unleavened tortilla

D. Cracker

CLICK TO SELECT YOUR ANSWER (interactive field will go here)

12. Which is a characteristic of well-made bread?

A. Raw, sticky centre

B. Pleasant flavour and properly baked crust

C. Collapsed top in every loaf

D. Large unmixed flour patches

CLICK TO SELECT YOUR ANSWER (interactive field will go here)

13. What is the “crumb” of bread?

A. The outer crust

B. The interior texture

C. The baking tin

D. The yeast packet

CLICK TO SELECT YOUR ANSWER (interactive field will go here)

LIVEWORKSHEETS

14. Why is bread cooled on a wire rack?

A. To allow air circulation and reduce sogginess

B. To make it rise again

C. To add yeast

D. To keep the bottom wet

CLICK TO SELECT YOUR ANSWER (interactive field will go here)

15. A loaf is dense because the dough did not rise sufficiently. Which is a plausible cause?

A. Adequate proofing

B. Inactive yeast

C. Correct water temperature

D. Proper fermentation

CLICK TO SELECT YOUR ANSWER (interactive field will go here)

SECTION B – TRUE OR FALSE (10 MARKS)

16. Yeast is a living organism used as a raising agent in bread making.

Choose: True or False

CLICK TO SELECT YOUR ANSWER (interactive field will go here)

17. Salt is the main ingredient that produces carbon dioxide during fermentation.

Choose: True or False

CLICK TO SELECT YOUR ANSWER (interactive field will go here)

18. Kneading helps develop an elastic gluten network.

Choose: True or False

CLICK TO SELECT YOUR ANSWER (interactive field will go here)

19. Boiling water is ideal for activating yeast.

Choose: True or False

CLICK TO SELECT YOUR ANSWER (interactive field will go here)

20. Dough may be covered during its first rise to prevent the surface drying out.

Choose: True or False

CLICK TO SELECT YOUR ANSWER (interactive field will go here)

21. Final proofing takes place after the bread has been baked.

Choose: True or False

CLICK TO SELECT YOUR ANSWER (interactive field will go here)

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22. Lean dough usually contains less fat and sugar than sweet enriched dough.

Choose: True or False

CLICK TO SELECT YOUR ANSWER (interactive field will go here)

23. The crust refers to the inside texture of bread.

Choose: True or False

CLICK TO SELECT YOUR ANSWER (interactive field will go here)

24. A properly baked loaf should not have a raw, doughy centre.

Choose: True or False

CLICK TO SELECT YOUR ANSWER (interactive field will go here)

25. Bread should always be sliced immediately after leaving the oven.

Choose: True or False

CLICK TO SELECT YOUR ANSWER (interactive field will go here)

SECTION C – FILL IN THE BLANK (5 MARKS)

Use each word once from the word bank. Type the correct word into the interactive answer field.

Word Bank: fermentation | kneading | gluten | proofing | crust

26. The process in which yeast produces carbon dioxide is called _____.

TYPE YOUR ANSWER HERE (interactive field will go here)

27. Working dough by pressing, stretching and folding it is called _____.

TYPE YOUR ANSWER HERE (interactive field will go here)

28. The elastic protein network that helps trap gas is called _____.

TYPE YOUR ANSWER HERE (interactive field will go here)

29. The final rise after shaping dough is called _____.

TYPE YOUR ANSWER HERE (interactive field will go here)

30. The outside layer of a baked loaf is its _____.

TYPE YOUR ANSWER HERE (interactive field will go here)

LIVEWORKSHEETS