WLG 153

West Virginia University
EXTENSION SERVICE

Bread-tastic!

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Educational Objectives

1. Demonstrate the nutritional value of bread.
2. Increase understanding of the different types of bread and how bread is made and consumed.
3. Increase awareness of global education.

Breads are a grain food high in carbohydrates, making them a quick source of energy. There are two categories of breads.

- Refined grains have been milled to give the grains a finer texture, but the dietary fiber, iron, and B vitamins have been removed. Refined breads are also called "enriched" since some nutrients are added back in after processing. Examples are corn tortillas, flour tortillas, pitas, and white bread.
- Whole grains contain the entire grain kernel and are higher in fiber (e.g. whole rye, whole wheat bread, and whole wheat tortillas).

  Always check the product's ingredient list to see if it is made with whole grain or stoneground flour, or enriched flour. Some products are even made from both whole and refined grains.

Different types of bread

Bread is considered a staple food item around the world, as its basic ingredients are flour and water. Below are some of the common breads found in the United States and throughout the world.

- The bagel is a chewy baked roll with a hole in the center. It was brought to America by Polish immigrants and is popular in the United States, Canada, and the United Kingdom.
- The baguette is a French bread that is typically 2-feet in length and known for its crispy crust and soft inside.

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- Cornbread is most often associated with Southern cuisine. Cornmeal is the main ingredient, and it is often baked in a skillet and served with a side of pinto beans.
- Chapati is common in India and Pakistan. This flat, round bread has a chewy texture and is served with curries or peanut butter and honey, cheese and tomato, or butter.
- Lefse is traditional Scandinavian bread made from mashed potatoes, flour, and milk or cream. Then, it is fried on a griddle.

- Naan is a flatbread from Central and South Asia. It is often baked in a tandoor or clay oven.
- Pita is pocket bread from the Middle East that is round, flat, and hollow inside.
- Sliced white or wheat bread is part of the staple diet in the United States and across Western Europe. A bread slicing machine was invented by Otta Rohwedder in 1912; however, the invention was not used until 1928 when Frank Bench, a baker from Chillicothe, Missouri decided to try this device. In 1930, Wonder Bread began to use the invention to commercially produce sliced bread.
- Tortilla is flour or corn dough patted into thin, flat rounds and fried on a hot griddle. Tortillas are typically found in Mexico.
- Scones are like biscuits but cut into big, thick triangles or circular shapes and baked. They are eaten with butter and jam and served with a cup of tea in Great Britain and Ireland.

Unleavened breads vs. leavened breads

Most leavened breads use yeast as a single-cell microorganism that aids the process of fermentation, which is important in making bread. The process of fermentation makes bread rise or expand in size. This occurs when the yeast feeds on the sugars in the flour and expels carbon dioxide. As a result, carbon dioxide fills thousands of balloon-like bubbles in the dough. This explains why some bread has a light and airy texture. On the other hand, unleavened breads are flat with a hard exterior. Yeast is known as a biological raising (or leavening) agent. Some breads use chemical raising agents, such as baking powder or baking soda.

- Leavened breads include bagels, baguettes, cornbread, naan, pita bread, scones, and white or wheat breads.
- Unleavened breads include chapati and lefse. Some tortilla recipes use a leavening agent and some do not.

Importance of bread

Bread is a traditional, global mainstay that is referred to as the staff of life. Although evidence of flour made from wild grains exists, anthropologists date regular farming of cereal grains to the beginning of the Neolithic Era around 10,000 B.C. Raising grains and producing a consistent supply of food were part of the formation of the first permanent human settlements. From these beginnings in the Fertile Crescent, the ability to produce grains and make its nutritional

value consumable by cooking spread to cultures throughout the globe.

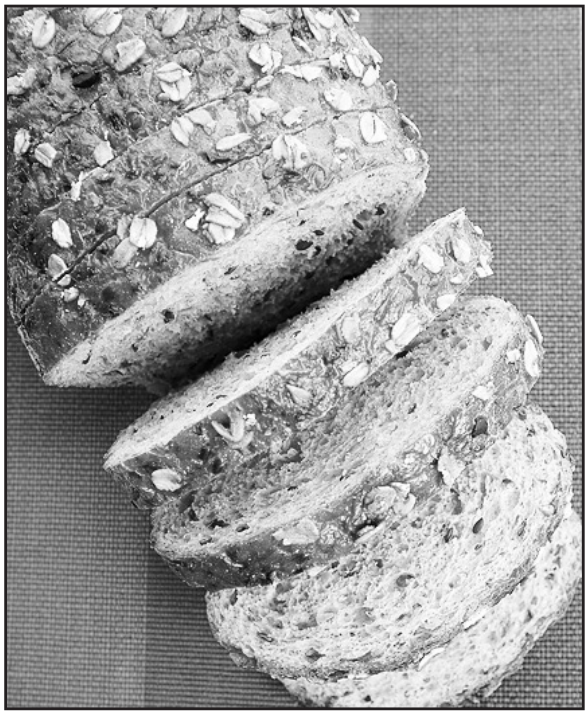
Grains are simply the hard seeds, or fruits, of certain types of grasses. The three most commonly produced grains include corn, rice, and wheat. Each of those are used to make types of bread. Barley, sorghum, millet, oats, triticale, rye, and buckwheat are also used.

U.S. dietary guidelines call for 3 to 6 servings of grains per day, as they contain elements and minerals like dietary fiber, vitamins B and E, zinc, copper, and magnesium. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal is considered 1 ounce.

Whole grain flours contain all the kernel parts ground or mashed into a substance suitable for baking. Research shows that consuming whole grains helps moderate blood sugar and control weight gain. The overconsumption of refined grains has been linked to increases in diabetes and heart disease. Most supermarkets carry whole grain breads or you can try a health food or specialty store to order whole grain flours for making your own healthy recipes.

For individuals with Celiac's disease or gluten intolerances, where their bodies cannot process wheat gluten, they can still have whole grains if they choose carefully. Look for products such as buckwheat, gluten-free oats, popcorn, brown rice, quinoa, plus many stores carry a variety of gluten-free flours.

Can you think of any phrases that show the importance of bread to our society as a whole?



Usually bread is a metaphor for hospitality, community, currency, or basic necessities. Did you think of any of these phrases: "bread-basket," "best thing since sliced bread," "bread-winner," "bringing home the bread and butter," "put bread on the table," or "bread" and "dough" as slang for money? Bread is even central to many religions. Is it important in your traditions? What about in others' beliefs? (e.g. bread as a symbol of the body of Christ, use of unleavened matzah during Passover).

Activities

Discussion Questions

1. Select a bread from the list above that you have not tried and tell why you would prefer it over the others.
2. Do you think people from other cultures would like American white or wheat bread? Why or why not?

A Blind Taste Test

Blindfold a volunteer, and then unveil the different types of bread discussed in the lesson. Show to the classroom and ask them to silently think of what bread this might be. The blindfolded participant is given a sample to taste and asked to comment on:

- What does it smells like?
- What is its texture?
- Is it tasty?
- What type of bread is it?

Remove the blindfold. If the answer given was incorrect, give a second opportunity to guess. If correct, reveal the answer. The same participant can sample each type or select a different participant for each sample.

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Oatmeal dinner rolls

From Louise Donato, former WVU Extension agent

1 package active dry yeast
½ cup warm water
1 cup milk
¼ cup shortening
¼ cup sugar
2 teaspoons salt
1 cup cooked oatmeal
4½ to 5 cups flour

Dissolve yeast in warm water. Heat milk, sugar, salt, and shortening in saucepan until warm, stirring constantly. Transfer to large mixing bowl. Add oatmeal and 1 cup flour. Beat until smooth. Add enough flour to make soft dough. Knead dough on a floured surface until smooth and elastic (about 10 minutes). Place dough in greased bowl; cover and let rise in warm place until size doubles (about 1½ hours). Punch down and shape as desired. Cover and let rise in warm place until size doubles (about 45 minutes). Bake at 400 degrees for 15 to 20 minutes. Invert on wire rack to cool; brush tops with melted butter. Makes 24 to 36 rolls.

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