🥨 Yeast Breads Guided Notes · ANSWER KEY

Culinary 1 · Unit 4 Yeast Breads · Level 2 guided notes. Use with the slides and videos.

Name: _____ Date: _____ Period: _____

Fill in each blank with a word from the word bank in that box. Each word is used one time.

🧰 A. Words to Know

1. **Yeast** is a tiny living thing. It makes gas so dough rises.
2. To **knead** is to push, fold, and turn dough.
3. To **proof** is to let the dough rise.
4. **Gluten** is the protein in flour. It makes dough stretchy.
5. Bread flour has more **protein**.

Word bank: **Gluten** · **knead** · **proof** · **protein** · **Yeast**

🦠 B. What Yeast Needs

6. Yeast wakes up in **warm** water: 110°F to 120°F.
7. Water that is too hot **kills** yeast.
8. **Sugar** is food for yeast.
9. Do not put **salt** in the yeast water.

Word bank: **kills** · **salt** · **Sugar** · **warm**

🍞 C. Quick or Yeast?

10. Circle the 4 yeast breads:

Pizza dough · Muffins · **Pretzels** · **Cinnamon rolls** · Pancakes · **Dinner rolls**

🌀 D. The Stand Mixer

11. Draw a line from the mixer tool to its job:

(Key: 🪝 Dough hook → kneads bread dough · 🍪 Flat beater → mixing and creaming · 🥚 Wire whip → whips air in)

🪝 Dough hook	whips air in
🍪 Flat beater	mixing and creaming
🥚 Wire whip	kneads bread dough

🥨 E. Pretzel Steps

12. Number the pretzel steps 1 to 5:

2	Add flour and salt, knead
4	Roll ropes and shape
1	Yeast in warm water, add sugar
3	Let it rise
5	Dip, salt, and bake

Level 2 version of the gen ed “Yeast Breads slides + Quick Breads notes (yeast part).”