

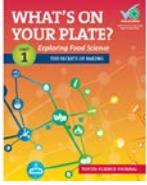
# Exploring Food Science – What's On Your Plate?

## Baking the Best Bread - Leavening Agents in Action

### Activity 1.2 Glossary

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<b>Baking Powder</b>	A leavening agent made of baking soda and an acid-forming substance(s). Baking powder is generally double acting, releasing carbon dioxide (CO <sub>2</sub> ) first when mixed with liquid in a recipe and again when baking. The CO <sub>2</sub> provides leavening in baked goods.
<b>Baking Soda</b>	The common name for sodium bicarbonate. When combined with cream of tartar, vinegar or other acids it produces CO <sub>2</sub> which is useful in leavening.
<b>Carbon Dioxide (CO<sub>2</sub>)</b>	A gas produced by leavening agents. The CO <sub>2</sub> forms tiny bubbles which stretch dough to leaven baked goods.
<b>Cream of Tartar</b>	An acidic ingredient that when combined with baking soda, produces CO <sub>2</sub> for leavening.
<b>Fermentation</b>	A process in which microorganisms (yeast) consume carbohydrates (sugars) and produce carbon dioxide as a by-product. The CO <sub>2</sub> serves as a leavening agent.
<b>Leavening Agent</b>	One or more ingredients that produce CO <sub>2</sub> which causes baked good to rise. Leavening agents include baking powder, baking soda plus an acid, and yeast.
<b>Maltose</b>	A sugar naturally occurring in flour. Yeast ferments maltose which forms CO <sub>2</sub> for leavening.
<b>Proofing</b>	A term used by food scientists and professional bakers. When making a yeast dough, it is the resting phase when fermentation occurs and the dough rises.
<b>Recipe Formulation</b>	A term used by food scientists and professional bakers. It is a list of ingredients developed based on the function of ingredients to produce a desired product. The term “recipe” can also be used.
<b>Sucrose</b>	A sugar found in sugar beets and sugar cane, comprised of fructose and glucose. After processing it is often called granulated sugar.
<b>Yeast</b>	A microorganism consisting of cells of a fungus. Used as a leavening agent in baked goods, it is sold as “Active Dry Yeast.”



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**Sources:**

Merriam-Webster On-Line Dictionary: <http://www.merriam-webster.com/dictionary/>