Bread and Baking Trivia



Questions 1-4 | Circle one answer

1. Which living ingredient commonly helps bread dough rise?

A. Sesame seeds
B. Yeast
C. Salt crystals

2. Which gas produced by yeast helps dough rise?

A. Carbon dioxide
B. Helium
C. Neon

3. What is working dough by stretching and folding commonly called?

A. Kneading
B. Sifting
C. Glazing

4. What is the resting period when shaped yeast dough rises called?

A. Freezing
B. Peeling
C. Proofing

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Questions 5-8 | Circle one answer

5. Which protein network gives wheat dough much of its elasticity?

A. Pectin
B. Gelatin only
C. Gluten

6. Which bread is traditionally a long, narrow French loaf?

A. Bagel
B. Crumpet
C. Baguette

7. Which bread is shaped like a ring and commonly boiled before baking?

A. Bagel
B. Baguette
C. Brioche loaf

8. Which flatbread is well known for forming a pocket?

A. Scone
B. Pita
C. Panettone

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Questions 9-12 | Circle one answer

9. Which enriched French bread often contains eggs and butter?

A. Brioche
B. Plain water cracker
C. Matzo

10. What is dusting flour through a fine mesh called?

A. Proofing
B. Sifting
C. Scoring

11. What are shallow cuts made on a loaf before baking called?

A. Peeling
B. Straining
C. Scoring

12. Which grain is traditionally used to make pumpernickel bread?

A. Rice only
B. Rye
C. Corn only

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Answer guide 1-4 | Keep with host

1. B. Yeast

Yeast produces carbon dioxide during fermentation, helping dough expand. The gas needs a structure to hold it, which connects this answer with the gluten question.

2. A. Carbon dioxide

Carbon dioxide forms bubbles in the dough. Bread is not inflated with bottled gas; fermentation produces the gas within the mixture under suitable conditions.

3. A. Kneading

Kneading develops dough structure and distributes ingredients. Different breads use different methods, so the quiz defines the action without prescribing one universal technique.

4. C. Proofing

Proofing allows shaped dough to expand before baking. Terminology can vary, but the central idea is a controlled rise rather than the final oven stage.

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Answer guide 5-8 | Keep with host

5. C. Gluten

Gluten forms a network when wheat flour is hydrated and worked. Other grains and gluten-free mixtures behave differently, which is why the question specifies wheat.

6. C. Baguette

A baguette is a long, narrow loaf associated with France. This shape clue provides a familiar contrast to round or ring-shaped baked products.

7. A. Bagel

Bagels are traditionally boiled before baking. That preparation contributes to their distinctive crust and texture, making the answer more than a shape-matching exercise.

8. B. Pita

Pita can form a pocket as steam separates layers during baking. Not every piece opens perfectly, so the question describes the familiar style rather than a guarantee.

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Answer guide 9-12 | Keep with host

9. A. Brioche

Brioche is an enriched bread containing ingredients such as eggs and butter. Enrichment distinguishes it from simpler flour-water-yeast-salt doughs without making a nutritional judgment.

10. B. Sifting

Sifting passes flour or another powder through a mesh. It breaks up lumps and separates particles, unlike scoring, which cuts the surface of a loaf.

11. C. Scoring

Scoring creates intentional cuts in the dough surface. These can guide expansion and create patterns, linking a practical baking action with an attractive finished appearance.

12. B. Rye

Traditional German pumpernickel is made with rye. Some breads sold under the same name elsewhere use different flour blends, so the traditional wording matters.