

RANGE, QUALITY AND NUTRITIONAL VALUE OF BREAD

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Розглянуто різновиди, якості та поживні цінності хліба. Представлені аналізи класифікації хлібопекарських виробів та умови їх зберігання.

Bread is a basic food stuff, which is used every. During the whole life a man eats 15 tons of bread in general, though its basic part is eaten not separately but in composition with other foods. Bread stands first as a necessary addition almost to any food. Scientific researches in area of bread - baking and nutritional value of bread are conducted during about one thousand years. Piece bread is released in a point-of-sale network hot, gravimetric bread can be shipped only after the complete cooling, because the loss of weight of wares goes due to a supplier. At a dispatch in a point-of-sale network every part of bread is accompanied a document a date and time of output of wares from a stove and conforming to wares the requirements of standard which is specified.

Pleasant, strongly expressed taste and aroma which a newly-baked bread has, crispy, elastic, well coercible pulp, not crumbling. Some time later bread lost its aroma, a crust loses fragility, and pulp is less elastic, there is staling of bread. Thus two processes follow independently: a loss of moisture (withering) and staling is physical and chemical transformations of matters, formative pulp. Protractedly to save freshness of bread, it is necessary to brake these processes.

During the storage bread becomes hard as a result of flowing of physical and chemical processes, related to the senescence of starch. At a senescence the structure of starch is made more compact, there is a partial selection of moisture, taken in at gelatinizing which is perceived the stringing of pulp. Fully preventing staling of pulp is not succeeded, but the receptions of his deceleration are known, for example deep-freezing (at -18-30 degrees) and subsequent storage in such a way; enwrapping of bread in the moisture-proof wrapping; additions of milk, sugar, fat and other components; intensive mix of test and protracted baking of bread. Packing saves freshness of bread and improves his sanitary state. The perspective is considered as packing, saturated with sorbet acid which prevents growing of bread and increases life.