

**SERVICE LEARNING  
FINAL DEGREE PROJECT IN FOOD SCIENCE AND TECHNOLOGY**

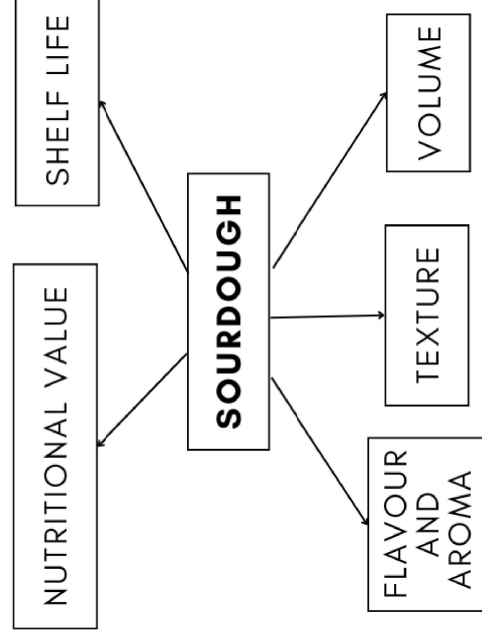
**OBJECTIVE AND METHODOLOGY**

The target of this final degree project is to spread the advantages of using sourdough in the preparation of gluten-free bread, focusing particularly on the effects on texture. In order to carry out the work, I have relied on the information provided by the Celiac Association of Catalonia on its website and the bibliographic search carried out from scientific articles.

**WHAT IS THE SOURDOUGH**

Sourdough is a mixture of flour, water and sometimes small amounts of salt, which ferments spontaneously through the growth of yeast and lactic acid bacteria (LAB).

**BENEFITS OF SOURDOUGH IN BREAD**



**IMPROVEMENT OF THE TEXTURE OF  
GLUTEN-FREE BREAD WITH SOURDOUGH**

Figure 1. Comparison of breads made with quinoa [1]

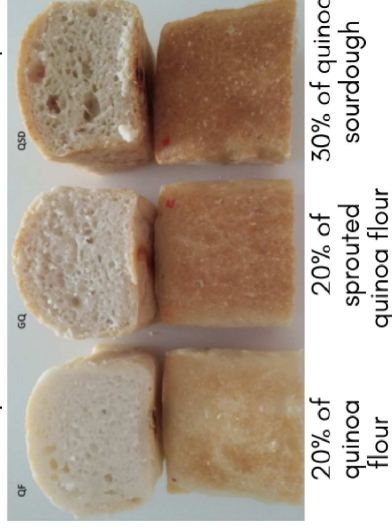
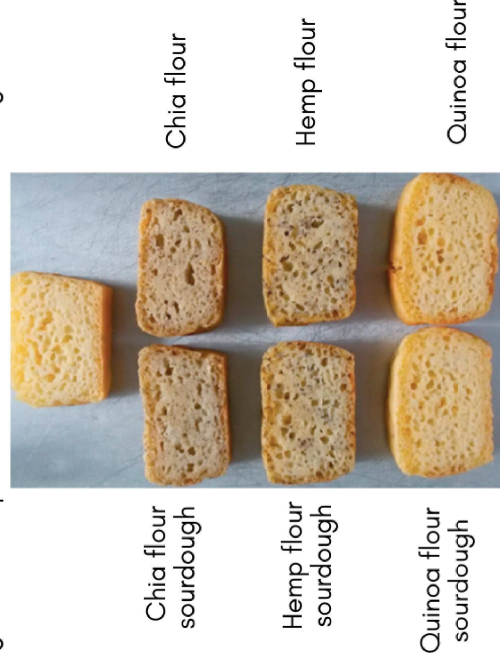


Figure 2. Comparison of breads with different ingredients [2]



**SERVICE LEARNING**

Objectives:

- To solve a real social need.
- To perform a community service in a non-profit organisation.

Online presentation of 30 minutes during a meeting that the *Associació de Celiacs de Catalunya* programmed for its members.

**PERSONAL REFLECTION**

It was difficult to adapt the scientific vocabulary as the attendees were people with coeliac disease, entrepreneurs or bakers and the vocabulary I had to adopt had to be simple.

This type of project involves more work, but it is very gratifying to see the participation from the partners, and to see that the work has served to give knowledge to other people.

[1] Franco et al., 2021

[2] Jagelaviciute and Cizeikiene, 2021