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DEVELOPMENT OF TECHNOLOGY FOR THE PRODUCTION OF FUNCTIONAL-ORIENTED BREAD PRODUCTS

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Abstract: This article explores the latest technological developments in the production of functional-oriented bread products. It investigates methods used in enhancing the nutritional, health, and sensory properties of bread, emphasizing innovation and efficiency in the baking industry.

Keywords: Bread products, Functional-oriented, Technology, Nutritional enhancement, Health benefits, Sensory properties, Innovation, Baking industry.

Introduction. Bread, a staple food consumed worldwide, has witnessed significant innovation in recent years, especially concerning its functional properties. With growing consumer awareness of the relationship between diet and health, there is a rising demand for bread products that offer not only sustenance but also specific health benefits. This article delves into the methods and technologies employed in the development of functional-oriented bread products, focusing on enhancing their nutritional content, improving health aspects, and optimizing sensory attributes.

Ingredient Selection and Formulation: Advanced research in nutrition science has led to the identification of various functional ingredients such as whole grains, seeds, nuts, fibers, and plant-based proteins. Incorporating these ingredients into bread formulations requires meticulous selection and optimization to achieve desired functional properties while maintaining product quality.

Processing Techniques: Technological advancements have enabled the implementation of novel processing techniques aimed at enhancing the nutritional profile of bread. Methods such as sprouting, fermentation, enzymatic treatments, and encapsulation have been utilized to improve digestibility, bioavailability of nutrients, and shelf-life stability.

Innovative Baking Technologies: The baking process itself has undergone transformation with the adoption of advanced technologies. From automated mixing and kneading systems to precision-controlled baking ovens, modern equipment ensures consistency in product quality while accommodating variations in ingredient composition.

Quality Control and Assurance: With increasing emphasis on health and safety standards, quality control measures play a crucial role in the production of functional-

oriented bread products. Implementation of stringent quality assurance protocols, including monitoring of ingredient sourcing, production processes, and final product analysis, ensures compliance with regulatory requirements and consumer expectations.

The development of technology for the production of functional-oriented bread products involves incorporating various ingredients and processing methods to enhance the nutritional profile and health benefits of bread. Here's an overview of the key aspects involved:

- **Selection of Functional Ingredients:** This includes incorporating ingredients such as whole grains, seeds (like flaxseeds, chia seeds, or sunflower seeds), nuts, fruits (such as raisins, cranberries, or dried apricots), and vegetables (like carrots or spinach). These ingredients add fiber, vitamins, minerals, and antioxidants to the bread, enhancing its nutritional value.

Incorporating a variety of functional ingredients like whole grains, seeds, nuts, fruits, and vegetables into bread can significantly enhance its nutritional profile. Here's how each category contributes:

Whole grains: Whole grains provide fiber, vitamins, minerals, and antioxidants. They also offer a nutty flavor and hearty texture to bread. Examples include whole wheat flour, oats, barley, quinoa, and brown rice.

Seeds: Seeds such as flaxseeds, chia seeds, and sunflower seeds are packed with nutrients like omega-3 fatty acids, fiber, protein, vitamins, and minerals. They can add crunch and visual appeal to bread while boosting its nutritional content.

Nuts: Nuts like almonds, walnuts, and pecans are rich in healthy fats, protein, fiber, vitamins, and minerals. They provide a satisfying crunch and a delicious flavor profile to bread while offering numerous health benefits.

Fruits: Dried fruits like raisins, cranberries, and dried apricots add sweetness, chewiness, and bursts of flavor to bread. They are excellent sources of fiber, vitamins, minerals, and antioxidants, enhancing both taste and nutrition.

Vegetables: Incorporating vegetables like carrots or spinach into bread not only adds moisture and texture but also boosts its nutritional value. Carrots are rich in beta-carotene, while spinach provides iron, calcium, and other essential nutrients.

By including these functional ingredients, you can create bread that not only tastes great but also provides a wide range of health benefits, including improved digestion, heart health, and overall well-being.

- **Incorporation of Nutrient-Rich Flours:** Using flours made from alternative grains like spelt, quinoa, or amaranth can increase the nutritional content of bread by providing additional protein, fiber, and micronutrients.

- **Fortification:** Adding vitamins and minerals to the bread, such as iron, calcium, vitamin D, and B vitamins, can help address specific nutrient deficiencies in the population.

- **Reduction of Sodium:** High sodium intake is linked to various health issues, so reducing the sodium content in bread can improve its health profile. This can be achieved

through the use of salt substitutes or by optimizing fermentation processes that enhance flavor without the need for excessive salt.

- **Incorporation of Functional Additives:** Ingredients like prebiotic fibers (e.g., inulin), probiotics, omega-3 fatty acids, and plant sterols can be added to bread to confer specific health benefits, such as improved digestion, gut health, heart health, and cholesterol management.

- **Use of Enzymes and Biotechnology:** Enzymes like amylases, proteases, and xylanases can be used to modify the dough properties, improve texture, increase shelf-life, and enhance the release of nutrients during digestion. Biotechnological approaches may involve genetically modifying grains to increase their nutritional content or improve their functional properties.

- **Optimization of Processing Techniques:** Fine-tuning baking processes, such as fermentation time, temperature, and pressure, can affect the texture, flavor, and nutritional quality of bread. Techniques like sourdough fermentation or sprouting grains before milling can enhance nutrient bioavailability and digestibility.

- **Product Innovation and Marketing:** Developing innovative bread products tailored to specific consumer needs, such as gluten-free bread, low-carb bread, or protein-enriched bread, can expand market reach. Effective marketing strategies highlighting the health benefits of functional-oriented bread can also drive consumer interest and demand.

Developing innovative bread products tailored to specific consumer needs is a smart strategy for expanding market reach. Each of the examples you mentioned - gluten-free, low-carb, and protein-enriched bread - targets a specific segment of consumers who have unique dietary requirements or preferences. By catering to these needs, you can attract more customers who might otherwise not consider purchasing bread.

Effective marketing strategies will be crucial in communicating the benefits of these functional-oriented bread products to consumers. Emphasizing the health benefits, such as improved digestion, weight management, or muscle building, depending on the product's features, can help create interest and drive demand.

Utilizing various marketing channels, such as social media, influencers, online advertising, and in-store promotions, can help reach a wider audience and educate them about the value proposition of your products. Additionally, providing clear and concise information about the ingredients used, nutritional content, and any certifications (e.g., gluten-free certification) can help build trust with consumers who prioritize transparency and quality in their food choices.

Innovation coupled with effective marketing can indeed be a powerful combination for success in the bread industry.

Continuous research and development in these areas, along with consumer education about the importance of incorporating functional foods into their diet, are essential for the successful production and acceptance of functional-oriented bread products in the market.

The development of functional-oriented bread products represents a convergence of scientific research, technological innovation, and consumer demand for healthier food options. By leveraging the latest advancements in ingredient science, processing techniques, and baking technologies, manufacturers can create bread products that not only provide essential nutrients but also offer specific health benefits, such as improved digestive health, weight management, and disease prevention. However, challenges such as cost implications, regulatory compliance, and market acceptance remain pertinent considerations in the commercialization of these products. Collaboration between academia, industry, and regulatory bodies is essential to overcome these challenges and foster continued innovation in the field of functional food development.

Conclusions and Suggestions:

In conclusion, technological advancements play a pivotal role in the evolution of functional-oriented bread products, offering opportunities to meet the diverse needs and preferences of consumers. As research in nutrition and food science continues to expand, there is immense potential for further innovation in ingredient selection, processing techniques, and product formulation. To capitalize on this potential, stakeholders across the food industry must collaborate to facilitate knowledge exchange, invest in research and development, and adapt to changing market dynamics. By embracing innovation and prioritizing consumer health and wellness, the baking industry can drive positive transformation in the production of functional-oriented bread products, catering to an increasingly health-conscious global population.

Overall, this article provides insights into the transformative impact of technology on the development of functional-oriented bread products and underscores the importance of continued innovation in the pursuit of healthier food options.

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C O N T E N T S

PRIMARY PROCESSING OF COTTON, TEXTILE AND LIGHT INDUSTRY

| | |
|---|----|
| Nabidjanova N., Azimova S. | |
| Study of physical-mechanical properties of fabrics used for men's outer knit assortment | 3 |
| Nabidjanova N., Azimova S. | |
| Development of model lines of men's top knitting assortment | 7 |
| Noorullah S., Juraeva G., Inamova M., Ortiqova K., Mirzaakbarov A. | |
| Enhancing cotton ginning processing method for better fibre quality | 12 |
| Kamalova I., Inoyatova M., Rustamova S., Madaliyeva M. | |
| Creating a patterned decorative landscape using knitted shear waste on the surface of the paint product | 16 |
| Inoyatova M., Ergasheva Sh., Kamalova I., Toshpo'latov M. | |
| State of development of fiber products – cleaning, combing techniques and technologies | 21 |
| Vakhobova N., Nigmatova F., Kozhabergenova K. | |
| Study of clothing requirements for children with cerebral palsy | 30 |
| Mukhametshina E., Muradov M. | |
| Analysis of the improvement of pneumatic outlets in the pneumatic transport system | 37 |
| Otamirzayev A. | |
| Innovative solutions for dust control in cotton gining enterprises | 45 |
| Muradov M., Khuramova Kh. | |
| Studying the types and their composition of pollutant mixtures containing cotton seeds | 50 |
| Mukhamedjanova S. | |
| Modernized sewing machine bobbin cap hook thread tension regulator | 53 |
| Ruzmetov R., Kuliyeu T., Tuychiev T. | |
| Study of effect of drying agent component on cleaning efficiency. | 57 |
| Kuldashov G., Nabiev D. | |
| Optoelectronic devices for information transmission over short distances | 65 |
| Kuliev T., Abbasov I., F.Egamberdiev. | |
| Improving the elastic mass of fiber on the surface of the saw cylinder in fiber cleaning equipment using an additional device | 73 |
| Yusupov A., Muminov M., Iskandarova N., Shin I. | |

| | |
|--|-----------|
| On the influence of the wear resistance of grate bars on the technological gap between them in fiber separating machines | 80 |
|--|-----------|

Kuliev T., Jumabaev G., Jumaniyazov Q.

| | |
|---|-----------|
| Theoretical study of fiber behavior in a new structured elongation pair | 86 |
|---|-----------|

GROWING, STORAGE, PROCESSING AND AGRICULTURAL PRODUCTS AND FOOD TECHNOLOGIES

Meliboyev M., Ergashev O., Qurbonov U.

| | |
|---|-----------|
| Technology of freeze-drying of raw meat | 96 |
|---|-----------|

Davlyatov A., Khudaiberdiev A., Khamdamov A.

| | |
|--|------------|
| Physical-chemical indicators of plum oil obtained by the pressing method | 102 |
|--|------------|

Tojibaev M., Khudaiberdiev A.

| | |
|--|------------|
| Development of an energy-saving technological system to improve the heat treatment stage of milk | 109 |
|--|------------|

Turg'unov Sh., Mallabayev O.

| | |
|--|------------|
| Development of technology for the production of functional-oriented bread products | 115 |
|--|------------|

Voqqosov Z., Khodzhiev M.

| | |
|---|------------|
| Description of proteins and poisons contained in flour produced from wheat grain produced in our republic | 120 |
|---|------------|

CHEMICAL TECHNOLOGIES

Choriev I., Turaev Kh., Normurodov B.

| | |
|---|------------|
| Determination of the inhibitory efficiency of the inhibitor synthesized based on maleic anhydride by the electrochemical method | 126 |
|---|------------|

Muqumova G., Turayev X., Mo'minova Sh., Kasimov Sh., Karimova N.

| | |
|--|------------|
| Spectroscopic analysis of a sorbent based on urea, formalin, and succinic acid and its complexes with ions of Cu(II), Zn(II), Ni(II) | 131 |
|--|------------|

Babakhanova Kh., Abdukhalilova M.

| | |
|--|------------|
| Analysis of the composition of the fountain solution for offset printing | 138 |
|--|------------|

Babakhanova Kh., Ravshanov S., Saodatov A., Saidova D.

| | |
|---|------------|
| Development of the polygraphic industry in the conditions of independence | 144 |
|---|------------|

Tursunqulov J., Kutlimurotova N., Jalilov F., Rahimov S.

| | |
|---|------------|
| Determination zirconium with the solution of 1-(2-hydroxy-1-naphthoyazo)-2-naphthol-4-sulfate | 151 |
|---|------------|

Allamurtova A., Tanatarov O., Sharipova A., Abdikamalova A., Kuldasheva Sh.

| | |
|--|------------|
| Synthesis of acrylamide copolymers with improved viscosity characteristics | 156 |
|--|------------|

| | |
|---|------------|
| Amanova N., Turaev Kh., Alikulov R., Khaitov B., Eshdavlatov E., Makhmudova Y. | |
| Research physical and mechanical properties and durability of sulfur concrete | 165 |

MECHANICS AND ENGINEERING

| | |
|--|------------|
| Abdullaev E., Zakirov V. | |
| Using parallel service techniques to control system load | 170 |

| | |
|---|------------|
| Djuraev R., Kayumov U., Pardaeva Sh. | |
| Improving the design of water spray nozzles in cooling towers | 178 |

| | |
|---|------------|
| Anvarjanov A., Kozokov S., Muradov R. | |
| Analysis of research on changing the surface of the grid in a device for cleaning cotton from fine impurities | 185 |

| | |
|---|------------|
| Mahmudjonov M. | |
| Mathematical algorithm for predicting the calibration interval and metrological accuracy of gas analyzers based on international recommendations ILAC-G24:2022/OIML D 10:2022 (E) | 192 |

| | |
|--|------------|
| Kulmuradov D. | |
| Evaluation of the technical condition of the engine using the analysis of the composition of gases used in internal combustion engines | 197 |

| | |
|---|------------|
| Kiryigitov Kh., Taylakov A. | |
| Production wastewater treatment technologies (On the example of Ultramarine pigment production enterprise). | 203 |

| | |
|--|------------|
| Abdullayev R. | |
| Improving the quality of gining on products. | 208 |

| | |
|--|------------|
| Abdullayev R. | |
| Problems and solutions to the quality of the gining process in Uzbekistan. | 212 |

| | |
|--|------------|
| Yusupov D., Avazov B. | |
| Influence of various mechanical impurities in transformer oils on electric and magnetic fields | 216 |

| | |
|---|------------|
| Kharamonov M. | |
| Prospects for improving product quality in textile industry enterprises based on quality policy systems | 223 |

| | |
|--|------------|
| Kharamonov M., Kosimov A. | |
| Problems and solutions to the quality of the gining process in Uzbekistan. | 230 |

| | |
|---|------------|
| Mamahonov A., Abdusattarov B. | |
| Development of simple experimental methods for determining the coefficient of sliding and rolling friction. | 237 |

| | |
|---|------------|
| Aliyev E., Mamahonov A. | |
| Development of a new rotary feeder design and based flow parameters for a seed feeder device | 249 |
| Ibrokhimova D., Akhmedov K., Mirzaumidov A. | |
| Theoretical analysis of the separation of fine dirt from cotton. | 260 |
| Razikov R., Abdazimov Sh., Saidov D., Amirov M. | |
| Causes of floods and floods and their railway and economy influence on construction. | 266 |
| Djurayev A., Nizomov T. | |
| Analysis of dependence on the parameters of the angles and loadings of the conveyor shaft and the drum set with a curved pile after cleaning cotton from small impurities | 272 |
| ADVANCED PEDAGOGICAL TECHNOLOGIES IN EDUCATION | |
| Jabbarov S. | |
| Introduction interdisciplinary nature to higher education institutions. | 276 |
| Tuychibaev H. | |
| Analysis of use of sorting algorithms in data processing. | 280 |
| Kuziev A. | |
| Methodology for the development of a low cargo network. | 289 |
| Niyozova O., Turayev Kh., Jumayeva Z. | |
| Analysis of atmospheric air of Surkhondaryo region using physico-chemical methods. | 298 |
| Isokova A. | |
| Analysis of methods and algorithms of creation of multimedia electronic textbooks. | 307 |
| ECONOMICAL SCIENCES | |
| Rashidov R., Mirjalolova M. | |
| Regulations of the regional development of small business. | 315 |
| Israilov R. | |
| Mechanism for assessment of factors affecting the development of small business subjects. | 325 |
| Yuldasheva N. | |
| Prospects of transition to green economy. | 334 |
| Malikova G. | |
| Analysis of defects and solutions in investment activity in commercial banks. | 346 |