

Table of Contents

	Page No.
Introduction	1
Determination of optimal soaking and germination time for wheat and bengal gram grains as indicated by their germinative capacity	10
Introduction	10
Materials and methods	24
Results and discussion	25
Moisture content and germinative capacity of grains at different soaking periods	26
Wheat	26
Bengal gram	34
Determination of changes in carbohydrate profile and protein content of wheat and bengal gram in response to the process of germination	45
Introduction	45
Seedling weight and malting loss.. .. .	45
Malting and carbohydrates	49
Malting and proteins.. .. .	66
Kilning and compositional changes	73
Materials and methods	75
Malting of grains	75
Analytical procedure.. .. .	76
Starch	76
Reducing sugars.. .. .	77
Total sugars	77
Protein	78
Statistical analysis.. .. .	79
Results and discussion	80
Seedling weight and sprout length	80
Wheat	80
Bengal gram	84
Changes in starch, total sugar and reducing sugar contents of grains in response to germination for various periods	87
Wheat	87
Bengal gram	96
Effect of malting on the protein content of grains soaked for 12 h and germinated for different periods	105
Wheat	105
Bengal gram	109

Preparation of biscuits from malted wheat and bengal gram mix with or without green leafy powder and determination of acceptability of these biscuits in comparison to that of biscuits prepared from raw mix ..	111
Introduction	111
Biscuit as a common snack	111
Basic ingredients for biscuit preparation	115
Baking procedure	117
Improvement of the nutritive value of biscuit through : use of cereal-pulse combination	118
: use of malted grains	119
: addition of green leafy vegetables.. .. .	119
Sensory evaluation - methods being used	125
Threshold tests	126
Triangle test	128
Scoring test	129
Hedonic scale	130
Acceptability trials.. .. .	131
Materials and methods	134
Preparation of biscuits from wheat and bengal gram mix containing jaggery as the sweetening agent	134
Ingredients used in biscuit preparation	134
Drying of leaves	137
Preparation of biscuits	138
Preliminary organoleptic evaluation of the biscuit	139
Pretesting the biscuits on children and their mothers	142
Sensory evaluation of the biscuits in the laboratory	146
Threshold test	147
Triangle test	151
Composite scoring test and hedonic scale	153
Acceptability trials of biscuits on 3 to 6 year old children (Final testing)	162
Results and discussion	162
Acceptability of biscuits by children	162
Acceptability of biscuits with colocasia leaf powder by the mothers	167

Determination of the nutritive composition of mixes and biscuits	170
Introduction	170
Nutrient composition of germinated and malted grains and mixes	171
Nutrient composition of baked products	194
Materials and methods	198
Analytical procedure.. .. .	198
Moisture content	198
Crude protein content	199
Fat content	199
Available carbohydrate content	199
Ash content	200
Crude fibre content	200
Calcium content.. .. .	201
Phosphorus content	202
Iron content	203
Total iron	203
Bioavailable iron	204
Carotenes content	207
Thiamine content	208
Riboflavin content	209
Statistical analysis.. .. .	210
Results and discussion	210
Nutritive composition of mixes	211
Nutritive composition of biscuits	226
Cost evaluation of biscuits	248
Nutritive composition of biscuits and RDA of 4 to 6 year old child	251
Determination of the keeping quality of mixes and biscuits	254
Introduction	254
Materials and methods	267
Storage of biscuits	268
Analytical procedure.. .. .	268
Moisture content	268
Alcoholic acidity	268
Acidity of extracted fat	269
Peroxide value	270
Statistical analysis.. .. .	271

			Page No.
Results and discussion	271
Keeping quality of mixes	272
Moisture content	272
Alcoholic acidity	278
Peroxide value	285
Keeping quality of biscuits	287
Moisture content	287
Acidity of extracted fat	293
Peroxide value	296
Evaluation of growth promoting ability and protein quality of mixes and biscuits in an animal model	300
Introduction	300
Protein quality of cereal-pulse mixes with or without green leafy vegetables	301
Protein quality of germinated grains and malted mixes	308
Protein quality of baked products	316
Materials and methods	322
Animal experiment	323
Experimental diets	322
Experimental plan	323
Autopsy procedure for PER experiment	329
Analytical procedure..	330
Nitrogen content	331
Available lysine content	331
Hepatic protein content	333
Serum protein content	334
Serum urea content	335
Statistical analysis..	336
Results and discussion	336
Growth promoting ability and protein quality of mixes	337
Growth promoting ability and protein quality of biscuits	350
Summary and conclusions	373
Bibliography	395
Appendices	418