



## Using Functional Ingredients: A Guide for Students

### Purpose of this Guide

This one-pager is intended to help student teams participating in the 2026 Product Development Competition understand what is meant by a "functional ingredient," especially in the context of using honey as more than just a sweetener.

### What is a Functional Ingredient?

For this competition, a functional ingredient serves a role beyond flavor. These ingredients offer physical, chemical, or biological functions that improve product performance, safety, stability, or consumer appeal. For this competition, honey must serve one or more of these roles in your bakery product.

### Examples of Acceptable Functional Roles of Honey

- Moisture Retention: Keeps the product soft and prevents drying out.
- Emulsification: Helps combine ingredients like fat and water into a uniform mixture.
- Shelf-Life Extension: Inhibits microbial growth or staling, allowing for longer freshness.
- Texture Modification: Enhances chewiness, softness, or crustiness, for example.
- Binding Agent: Helps hold dry ingredients together in a cohesive form.

### Unacceptable Use

Using honey only for sweetness or flavor enhancement is not sufficient to meet the competition requirements.

### Questions?

Contact ASB Director of Education Sarah Day at [sday@asbe.org](mailto:sday@asbe.org) with competition-related questions.

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