

Measure Up!

Objective: To teach students how to correctly measure for cooking purposes and to discuss basic measuring equivalents.

Materials:

- Mason Jars
- Water
- Bowl
- Flour
- Baking Soda
- Salt
- Chocolate Chips
- Brown Sugar
- Granulated Sugar
- Rice
- Scrap Fabric
- Serrated Scissors
- Ribbon
- Recipe Cards

5 minutes; Measuring Basics

Discuss the basics of measuring for cooking and baking purposes. Make sure students understand the difference between dry measuring cups and liquid measuring cups. Discuss equivalents.



Liquid Measuring Cup



Dry Measuring Cups

15 minutes; Equivalents Activity

See attached worksheet. Students may need some assistance.

10 minutes; Measuring

Ask students to practice proper measuring using water for liquid ingredients and rice for dry ingredients.

15-20 minutes; Cookies in a Jar

To practice measuring, ask students to make a cookie in a jar by layering dry ingredients. With your jar, be sure to include a paper showing liquid ingredients and baking instructions. These make great gifts!

The Recipe...

1 $\frac{3}{4}$ cup All-purpose flour

$\frac{3}{4}$ teaspoon Baking Soda

$\frac{3}{4}$ teaspoon salt

1 $\frac{1}{2}$ cups Semi-sweet Chocolate Chips

$\frac{3}{4}$ cup Packed Brown Sugar

$\frac{1}{2}$ cup Granulated Sugar

Combine flour, baking soda, and salt in a small bowl. Place flour mixture in 1-quart jar. Layer remaining ingredients in order listed above, pressing firmly after each layer. Seal with lid and decorate with fabric and ribbon.

RECIPE TO ATTACH:

Preheat oven to 375 F. Beat $\frac{3}{4}$ cup (1 $\frac{1}{2}$ sticks) softened butter or margarine, 1 large egg and $\frac{3}{4}$ teaspoon vanilla extract in large mixer bowl until blended. Add cookie mix and $\frac{1}{2}$ cup chopped nuts (optional); mix well, breaking up any clumps. Drop by rounded tablespoon onto ungreased baking sheets. Bake for 9-11 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely. Makes about 2 dozens cookies.

Match the Equivalents!

_____ 1 tablespoon (tbsp)
_____ 1/16 cup
_____ 1/8 cup
_____ 1/6 cup
_____ 1/4 cup
_____ 1/3 cup
_____ 3/8 cup
_____ 1/2 cup
_____ 2/3 cup
_____ 3/4 cup
_____ 1 cup (2 possible answers)
_____ 8 fluid ounces (fl oz)
_____ 1 pint (pt)
_____ 1 quart (qt)
_____ 4 cups
_____ 1 gallon (gal)
_____ 16 ounces (oz)

a. 4 tablespoons
b. 12 tablespoons
c. 2 pints
d. 1 pound (lb)
e. 5 tablespoons + 1 teaspoon
f. 1 tablespoon
g. 1 cup
h. 6 tablespoons
i. 4 quarts
j. 2 tablespoons
k. 8 tablespoons
l. 2 tablespoons + 2 teaspoons
m. 3 teaspoons
n. 48 teaspoons
o. 2 cups
p. 10 tablespoons + 2 teaspoons
q. 1 quart
r. 16 tablespoons

Answers:

- | | | | |
|--------|------------------------|----|------------------------------|
| m. | 1 tablespoon (tbsp) | a. | 4 tablespoons |
| f. | 1/16 cup | b. | 12 tablespoons |
| j. | 1/8 cup | c. | 2 pints |
| l. | 1/6 cup | d. | 1 pound (lb) |
| a. | 1/4 cup | e. | 5 tablespoons + 1 teaspoon |
| e. | 1/3 cup | f. | 1 tablespoon |
| h. | 3/8 cup | g. | 1 cup |
| k. | 1/2 cup | h. | 6 tablespoons |
| p. | 2/3 cup | i. | 4 quarts |
| b. | 3/4 cup | j. | 2 tablespoons |
| n., r. | 1 cup | k. | 8 tablespoons |
| g. | 8 fluid ounces (fl oz) | l. | 2 tablespoons + 2 teaspoons |
| o. | 1 pint (pt) | m. | 3 teaspoons |
| c. | 1 quart (qt) | n. | 48 teaspoons |
| q. | 4 cups | o. | 2 cups |
| i. | 1 gallon (gal) | p. | 10 tablespoons + 2 teaspoons |
| d. | 16 ounces (oz) | q. | 1 quart |
| | | r. | 16 tablespoons |

1 tablespoon (tbsp)	=	3 teaspoons (tsp)
1/16 cup	=	1 tablespoon
1/8 cup	=	2 tablespoons
1/6 cup	=	2 tablespoons + 2 teaspoons
1/4 cup	=	4 tablespoons
1/3 cup	=	5 tablespoons + 1 teaspoon
3/8 cup	=	6 tablespoons
1/2 cup	=	8 tablespoons
2/3 cup	=	10 tablespoons + 2 teaspoons
3/4 cup	=	12 tablespoons
1 cup	=	48 teaspoons
1 cup	=	16 tablespoons
8 fluid ounces (fl oz)	=	1 cup
1 pint (pt)	=	2 cups
1 quart (qt)	=	2 pints
4 cups	=	1 quart
1 gallon (gal)	=	4 quarts
16 ounces (oz)	=	1 pound (lb)

