

Kitchen Math: MEASURING

WORKSHEETS



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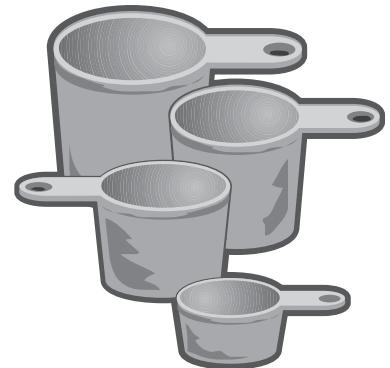
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Name: _____

Kitchen Math: Measuring

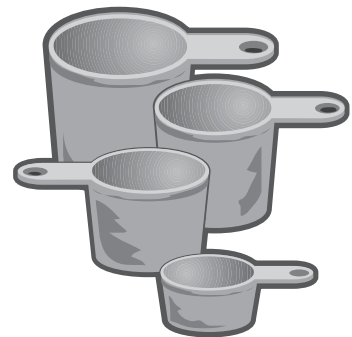
1. By understanding how to measure _____, _____ and _____, you take the guesswork out of cooking.
2. The two scales for temperature are _____ and _____.
3. The three times to wash when cooking are:
 - A.
 - B.
 - C.
4. The three kinds of measurement are:
 - A.
 - B.
 - C.
5. Estimated measurement is great for foods such as _____.
6. Ratio cooking compares the amount of one ingredient to _____.
7. The most common kind of kitchen measurement in America is the _____ system.
8. One quart is almost a _____.
9. The metric system is based on _____.



10. Measuring tools you find in almost every kitchen are _____,
_____ and _____.
11. Water freezes at _____ Fahrenheit and _____ Celsius.
Water boils at _____ Fahrenheit and _____ Celsius.
12. When measuring dry ingredients, you want to _____,
_____ and _____.
13. If your recipe calls for sifted flour, sift it _____ you measure.
14. Brown sugar, cooked rice and chopped parsley need to be _____
down in measuring cups.
15. When measuring liquids, get down at _____.
16. Measuring spoons are used for both _____ and _____ ingredients.
17. Use the back of a _____ to scrape off dry ingredients when using a
measuring spoon.
18. _____ is when you allow for the weight of a container or wrapper.
19. _____ ingredients do not weigh the same as wet ingredients.
20. A large egg weighs about _____ ounces.
21. Turn pancakes when you see _____.
22. Pancakes take about _____ to cook on the second side.

Kitchen Math: Measuring

1. By understanding how to measure **ingredients**, **time** and **temperature**, you take the guesswork out of cooking.
2. The two scales for temperature are **Fahrenheit** and **Celsius**.
3. The three times to wash when cooking are:
 - A. **before cooking**
 - B. **during cooking**
 - C. **after handling of food**
4. The three kinds of measurement are
 - A. **estimated**
 - B. **ratio**
 - C. **calibrated measurement**
5. Estimated measurement is great for foods such as **soup**.
6. Ratio cooking compares the amount of one ingredient to **another ingredient**.
7. The most common kind of kitchen measurement in America is the **English** system.
8. One quart is almost a **liter**.
9. The metric system is based on **tens**.



10. Measuring tools you find in almost every kitchen are **timers**, **thermometers** and **measuring containers**.
11. Water freezes at **32°** Fahrenheit and **0°** Celsius.
Water boils at **212°** Fahrenheit and **100°** Celsius.
12. When measuring dry ingredients, you want to **dip**, **scoop** and **scrape**.
13. If your recipe calls for sifted flour, sift it **before** you measure.
14. Brown sugar, cooked rice and chopped parsley need to be **packed** down in measuring cups.
15. When measuring liquids, get down at **eye level**.
16. Measuring spoons are used for both **liquid** and **dry** ingredients.
17. Use the back of a **knife** to scrape off dry ingredients when using a measuring spoon.
18. **Taring** is when you allow for the weight of a container or wrapper.
19. **Dry** ingredients do not weigh the same as wet ingredients.
20. A large egg weighs about **2** ounces.
21. Turn pancakes when you see **bubbles on the top**.
22. Pancakes take about **1 minute** to cook on the second side.

Name: _____

Kitchen Equivalents

Dry or Liquid Ingredients:		Measuring Fluids:	
a dash	= less than 1/8 tsp.	2 cups	= 1 pint
3 teaspoons	= 1 Tablespoon	4 cups	= 2 pints
4 Tablespoons	= 1/4 cup	2 pints	= 1 quart
5 1/3 Tbsp.	= 1/3 cup	4 quarts	= 1 gallon
16 Tablespoons	= 1 cup		
Weight:		Fluid Ounces:	
1/2 pound	= 8 oz.	2 tablespoons	= 1 fluid ounce
1 pound	= 16 oz.	1 cup	= 8 fluid ounces
Metric:		1 pint	= 16 fluid ounces
1 liter	= 1 quart plus 1/4 cup	1 quart	= 32 fluid ounces

Study the table above. Without looking at the table, write the answer to the first problem below. Look back at the table to check your work. Change your answer if needed. Finish the rest of the sheet the same way.

_____ cups = 1 pint

_____ quarts = 1 gallon

_____ tablespoons = 1 ounce liquid

_____ pints = 1 quart

_____ ounces = 1 cup

_____ ounces = 1 pound

_____ tablespoons = 1 cup

_____ cups = 1 quart

_____ teaspoons = 1 tablespoon

_____ quart = 1 liter

8 ounces = 1 _____

4 cups = 1 _____

3 teaspoons = 1 _____

2 pints = 1 _____

16 tablespoons = 1 _____

4 quarts = 1 _____

1 pint = 2 _____

1 quart = 32 _____

Kitchen Equivalents

Dry or Liquid Ingredients:		Measuring Fluids:	
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1 liter	= 1 quart plus 1/4 cup	1 quart	= 32 fluid ounces

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2 cups = 1 pint

4 quarts = 1 gallon

2 tablespoons = 1 ounce liquid

2 pints = 1 quart

8 ounces = 1 cup

16 ounces = 1 pound

16 tablespoons = 1 cup

4 cups = 1 quart

3 teaspoons = 1 tablespoon

1 quart + 1/4 cup = 1 liter

8 ounces = 1 **fluid cup**

4 cups = 1 **quart**

3 teaspoons = 1 **Tablespoon**

2 pints = 1 **quart**

16 tablespoons = 1 **cup**

4 quarts = 1 **gallon**

1 pint = 2 **cups**

1 quart = 32 **fluid ounces**

Name: _____

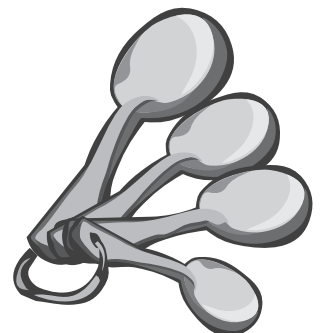
Doubling Recipes

Monster Cookies

1/2 cup butter or margarine, softened	1 tsp. corn syrup
1 1/4 cups peanut butter	3/4 tsp. vanilla
1 cup granulated sugar	4 1/2 cups quick-cooking oats
1 cup packed brown sugar	1 package (6 ounces) chocolate chips
3 eggs	1 package (6 ounces) candy coated chocolate pieces
2 teaspoons soda	

Heat oven to 350°. Cream butter, peanut butter and sugars. Add eggs, soda, corn syrup and vanilla; mix well. Stir in oats, chocolate chips and candy coated chocolate pieces. Drop by rounded tablespoonfuls onto greased cookie sheets. Bake 12 to 15 minutes. Makes 3 dozen 3-inch cookies.

You've been ask to make 6 dozen cookies for the school bake sale. Rewrite the ingredients for the recipe for Monster Cookies so you can make 6 dozen cookies:



Doubling Recipes

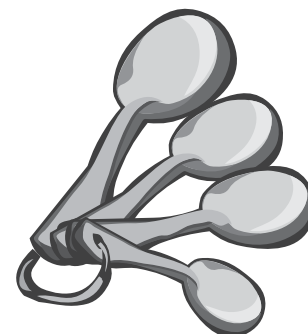
Monster Cookies

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Heat oven to 350°. Cream butter, peanut butter and sugars. Add eggs, soda, corn syrup and vanilla; mix well. Stir in oats, chocolate chips and candy coated chocolate pieces. Drop by rounded tablespoonfuls onto greased cookie sheets. Bake 12 to 15 minutes. Makes 3 dozen 3-inch cookies.

You've been ask to make 6 dozen cookies for the school bake sale. Rewrite the ingredients for the recipe for Monster Cookies so you can make 6 dozen cookies:

1 cup butter or margarine, softened	2 tsp. corn syrup
2 1/2 cups peanut butter	1 1/2 tsp. vanilla
2 cups granulated sugar	9 cups quick-cooking oats
2 cups packed brown sugar	1 packages (12 ounces) chocolate chips
6 eggs	1 packages (12 ounces) candy coated chocolate pieces
4 tsp. soda or 1 Tbsp. + 1 tsp.	



Name: _____

Measuring Math

1. Name three times one must wash when one is preparing food.
 - A.
 - B.
 - C.
2. The United States usually uses the _____ measurement system.
3. When using ratio measurements, one compares the amount of one ingredient to another. If it's 2 cups of water to 1 cup of rice, you would need ____ cups of water for 3 cups of rice.
4. Which item would **not** be used as a measuring tool in cooking?
 - A. timer
 - B. teacup
 - C. thermometer
 - D. measuring container
5. Imagine that you have been asked to give a speech to first-graders on how they should wash their hands before cooking. What you say to these boys and girls? Name at least four ideas mentioned in the video.
 - A.
 - B.
 - C.
 - D.



6. Which three things should you do when measuring dry ingredients?
- A. dip, scoop, scrape
 - B. pack, tap, settle
 - C. sift, tap, scrape
 - D. dip, scoop, settle
7. Which ingredient do you **not** pack down when measuring?
- A. rice
 - B. brown sugar
 - C. parsley
 - D. flour
8. To measure wet ingredients accurately, one must look at it
- A. from above.
 - B. at eye level.
 - C. from below.
 - D. all the above.
9. Do wet ingredients weigh the same as dry ingredients? _____
10. Where would be the logical choice to find a table of measurement?
- A. chef
 - B. encyclopedia
 - C. cookbook
 - D. recipe
11. When one is measuring liquid ingredients, should one measure over the bowl that contains all the other ingredients? Explain your answer.

Measuring Math

1. Name three times one must wash when one is preparing food.
 - A. **One should wash before cooking**
 - B. **during cooking**
 - C. **and after handling food.**
2. The United States usually uses the **English** measurement system.
3. When using ratio measurements, one compares the amount of one ingredient to another. If it's 2 cups of water to 1 cup of rice, you would need **6** cups of water for 3 cups of rice.
4. Which item would ***not*** be used as a measuring tool in cooking?
 - A. timer
 - B. **teacup**
 - C. thermometer
 - D. measuring container
5. Imagine that you have been asked to give a speech to first-graders on how they should wash their hands before cooking. What you say to these boys and girls? Name at least four ideas mentioned in the video.

Answers will vary. Some ideas that should be mentioned: use enough soap for a lather, wash backs of fingers, wash between fingers, wash under fingernails, wash up on the wrists, turn off faucet with wrist, dry hands with a paper towel that should be thrown away, and wash long enough to sing the "Happy Birthday" song.



6. Which three things should you do when measuring dry ingredients?
- A. dip, scoop, scrape**
 - B. pack, tap, settle
 - C. sift, tap, scrape
 - D. dip, scoop, settle
7. Which ingredient do you **not** pack down when measuring?
- A. rice
 - B. brown sugar
 - C. parsley
 - D. flour**
8. To measure wet ingredients accurately, one must look at it
- A. from above.
 - B. at eye level.**
 - C. from below.
 - D. all the above.
9. Do wet ingredients weigh the same as dry ingredients? **no**
10. Where would be the logical choice to find a table of measurement?
- A. chef
 - B. encyclopedia
 - C. cookbook**
 - D. recipe
11. When one is measuring liquid ingredients, should one measure over the bowl that contains all the other ingredients? Explain your answer.
- No. Measure over a different container. If one over poured, the liquid would go into the mixture and change the way the recipe should turn out.**