Kitchen Math: MEASURING

WORKSHEETS
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 ___________________ _________________.

    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.
# Kitchen Equivalents

<table>
<thead>
<tr>
<th>Dry or Liquid Ingredients:</th>
<th>Measuring Fluids:</th>
</tr>
</thead>
<tbody>
<tr>
<td>a dash</td>
<td>less than 1/8 tsp.</td>
</tr>
<tr>
<td>3 teaspoons</td>
<td>1 Tablespoon</td>
</tr>
<tr>
<td>4 Tablespoons</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>5 1/3 Tbsp.</td>
<td>1/3 cup</td>
</tr>
<tr>
<td>16 Tablespoons</td>
<td>1 cup</td>
</tr>
<tr>
<td>2 cups</td>
<td>1 pint</td>
</tr>
<tr>
<td>4 cups</td>
<td>2 pints</td>
</tr>
<tr>
<td>2 pints</td>
<td>1 quart</td>
</tr>
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<td>1 gallon</td>
</tr>
<tr>
<td>16 Tablespoons</td>
<td>1 cup</td>
</tr>
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**Weight:**

| 1/2 pound                 | 8 oz.             |
| 1 pound                   | 16 oz.            |

**Fluid Ounces:**

| 2 tablespoons             | 1 fluid ounce     |
| 1 cup                     | 8 fluid ounces    |
| 1 pint                    | 16 fluid ounces   |
| 1 quart                   | 32 fluid ounces   |

**Metric:**

| 1 liter                   | 1 quart plus 1/4 cup |

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
- ___ tablespoons = 1 ounce liquid
- ___ ounces = 1 cup
- ___ tablespoons = 1 cup
- ___ teaspoons = 1 tablespoon
- ___ quadrants = 1 gallon
- ___ pints = 1 quart
- ___ ounces = 1 pound
- ___ cups = 1 quart
- ___ quart = 1 liter

- 8 ounces = 1 _____________
- 3 teaspoons = 1 ___________
- 16 tablespoons = 1 __________
- 1 pint = 2 ___________
- 4 cups = 1 ___________
- 2 pints = 1 ___________
- 4 quarts = 1 ___________
- 1 quart = 32 ___________
### Kitchen Equivalents

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</tr>
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### Weight: Fluid Ounces:

| 1/2 pound                  | 8 oz.             |
| 1 pound                    | 16 oz.            |
| 1 cup                      | 8 fluid ounces    |

### Metric:

| 1 liter                    | 1 quart plus 1/4 cup |
| 1 pint                     | 16 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.

- 2 cups = 1 pint
- 2 tablespoons = 1 ounce liquid
- 8 ounces = 1 cup
- 16 tablespoons = 1 cup
- 3 teaspoons = 1 tablespoon
- 4 quarts = 1 gallon
- 2 pints = 1 quart
- 16 ounces = 1 pound
- 4 cups = 1 quart
- 1 quart + 1/4 cup = 1 liter

- 8 ounces = 1 fluid cup
- 3 teaspoons = 1 Tablespoon
- 16 tablespoons = 1 cup
- 1 pint = 2 cups
- 4 cups = 1 quart
- 2 pints = 1 quart
- 4 quarts = 1 gallon
- 1 quart = 32 fluid ounces
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


You’ve been asked 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:
Teacher's Key

## Doubling Recipes

### Monster Cookies

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


You've been asked 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 1/2 cups peanut butter  
2 cups granulated sugar  
2 cups packed brown sugar  
6 eggs  
4 tsp. soda or 1 Tbsp. + 1 tsp.  
2 tsp. corn syrup  
1 1/2 tsp. vanilla  
9 cups quick-cooking oats  
1 packages (12 ounces) chocolate chips  
1 packages (12 ounces) candy coated chocolate pieces
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.**