

Name: _____

Hour: _____

VIDEO WORKSHEET

Reading a Recipe

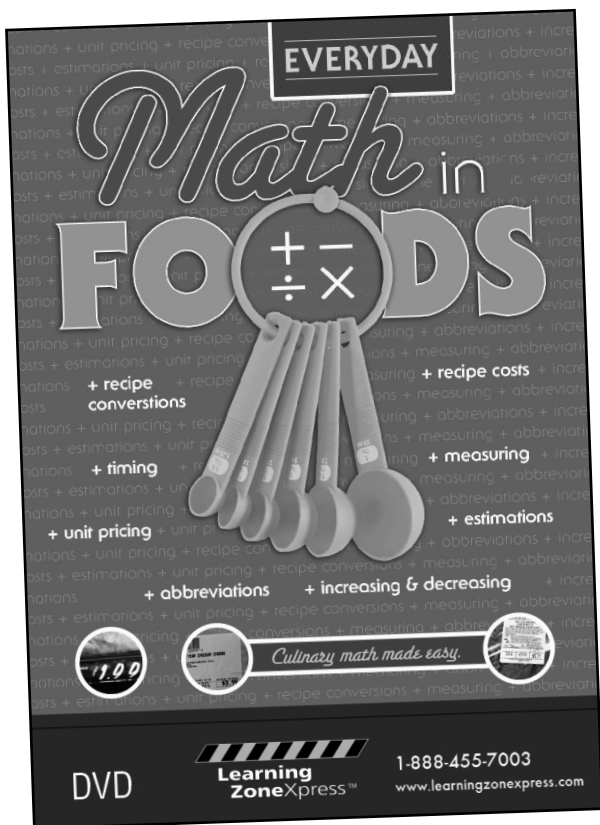
Instructions: Use this worksheet to take notes as you watch “Reading a Recipe”.

Part of the Recipe	Definition
	The number of servings; lets you know if you are preparing enough food for your guests
	How long it takes to prepare your ingredients for cooking
	How long it takes to cook your food
	Food items you will need; usually contains abbreviations

Measurement	Common Abbreviation
Teaspoon	
	tbsp. or T.
	c. or C.
Ounces (as measure of mass weight)	
Ounces (as measure of volume)	
	lb. or #
Hour	
	min.

If the measurement is plural, does the abbreviation stay the same? _____





ANSWER KEY

Reading a Recipe

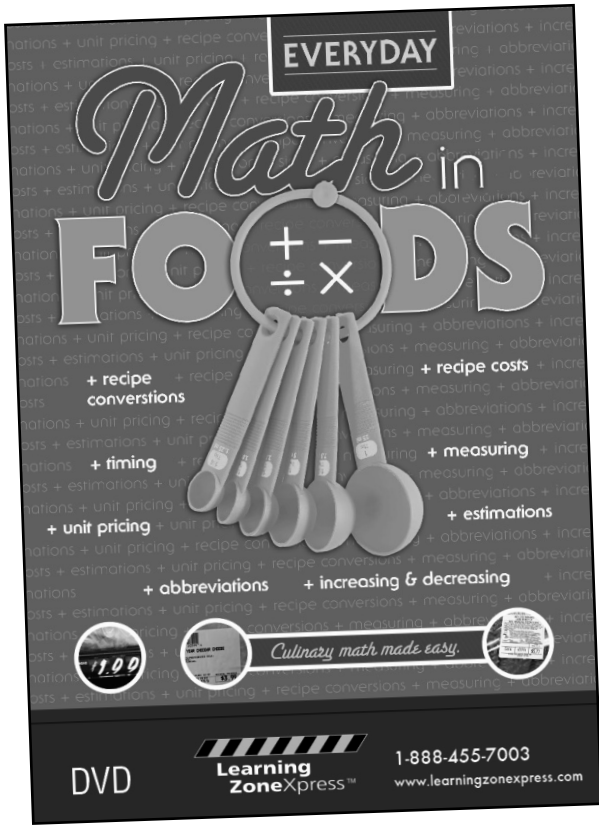
Instructions: Use this worksheet to take notes as you watch "Reading a Recipe".

Part of the Recipe	Definition
Yield	The number of servings; lets you know if you are preparing enough food for your guests
Preparation Time	How long it takes to prepare your ingredients for cooking
Cooking Time	How long it takes to cook your food
List of Ingredients	Food items you will need; usually contains abbreviations

Measurement	Common Abbreviation
Teaspoon	tsp. or t.
Tablespoon	tbsp. or T.
Cup	c. or C.
Ounces (as measure of mass weight)	oz.
Ounces (as measure of volume)	fl. oz. or fluid ounce
Pound	lb. or #
Hour	hr.
Minutes	min.

If the measurement is plural, does the abbreviation stay the same? Yes





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VIDEO WORKSHEET

Measuring Techniques

Instructions: Use this worksheet to take notes as you watch "Measuring Techniques."

- List the four types of measuring spoons.
 - _____
 - _____
 - _____
 - _____
- List the four types of measuring cups.
 - _____
 - _____
 - _____
 - _____

3.

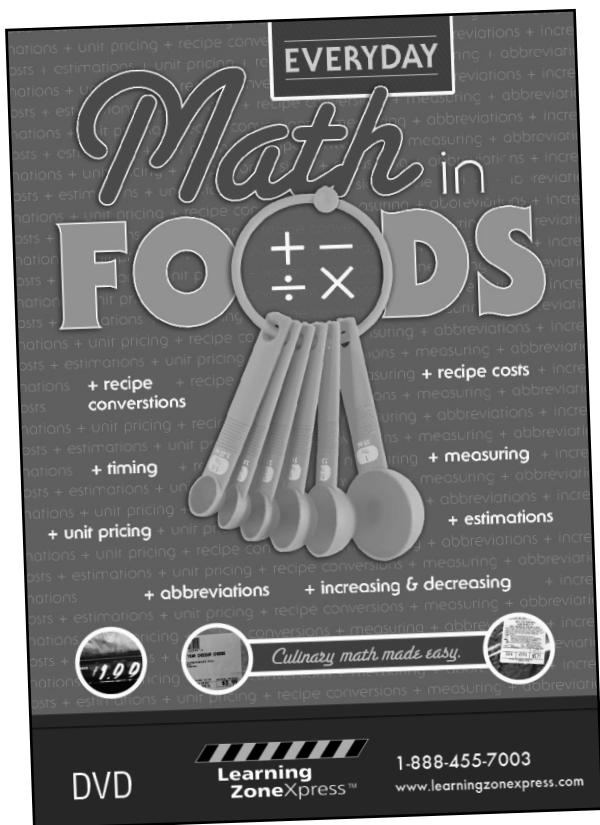
Examples of Dry Items for Measuring Spoons	Examples of Dry Items for Measuring Cups	Examples of Solids	Examples of Liquids

4. What is the process used to measure dry ingredients?

5. What is the process used to measure solids?

6. What is the process used to measure liquids?

7. When should you weigh ingredients?



ANSWER KEY

Measuring Techniques

Instructions: Use this worksheet to take notes as you watch "Measuring Techniques."

- List the four types of measuring spoons.
 - **tablespoon**
 - **teaspoon**
 - **1/2 teaspoon**
 - **1/4 teaspoon**

- List the four types of measuring cups.
 - **1 Cup**
 - **1/2 Cup**
 - **1/3 Cup**
 - **1/4 Cup**

3.

Examples of Dry Items for Measuring Spoons	Examples of Dry Items for Measuring Cups	Examples of Solids	Examples of Liquids
salt herbs spices baking soda baking powder	sugar oatmeal flour	butter sour cream shortening peanut butter	oil milk water

4. What is the process used to measure dry ingredients?

First, scoop it. Then, level it off with a straight-edged item.

5. What is the process used to measure solids?

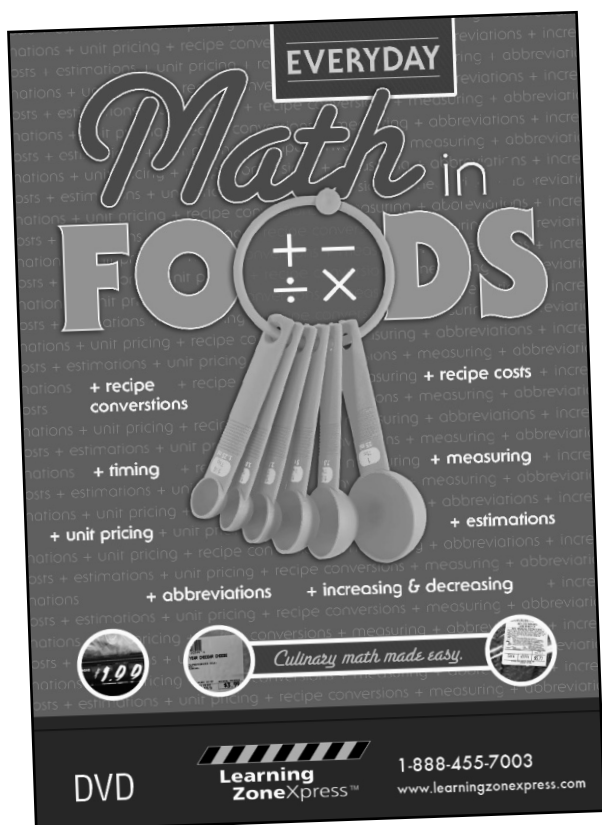
First, scoop it. Then, pack it. Next, level it off with a straight-edged item. Finally, scrape it into the bowl.

6. What is the process used to measure liquids?

First, fill the liquid into a glass measuring cup. Then, read the measure at eye level.

7. When should you weigh ingredients?

You should weigh ingredients when you are baking or using large quantities.



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VIDEO WORKSHEET

Kitchen Equivalents

Instructions: Use this worksheet to take notes as you watch “Kitchen Equivalents”.

Helpful Tip!

In one cup, there are four $\frac{1}{4}$ cups. In one teaspoon, there are four $\frac{1}{4}$ teaspoons.

1. How many teaspoons are in a tablespoon?

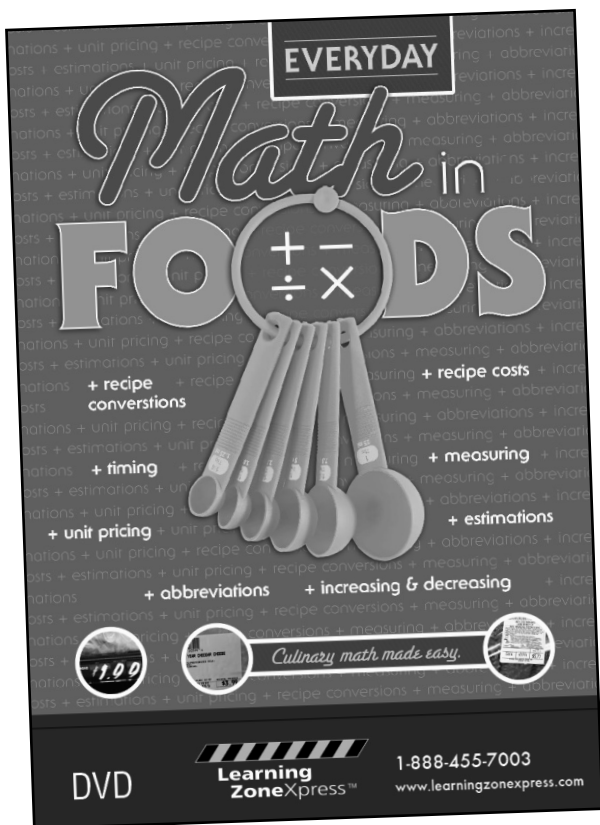
3 teaspoons = _____ tablespoon

2. How many tablespoons are in a cup?

16 tablespoons = _____ cup

8 tablespoons = _____ cup

4 tablespoons = _____ cup



ANSWER KEY

Kitchen Equivalents

Instructions: Use this worksheet to take notes as you watch “Kitchen Equivalents”.

Helpful Tip!

In one cup, there are four $\frac{1}{4}$ cups. In one teaspoon, there are four $\frac{1}{4}$ teaspoons.

1. How many teaspoons are in a tablespoon?

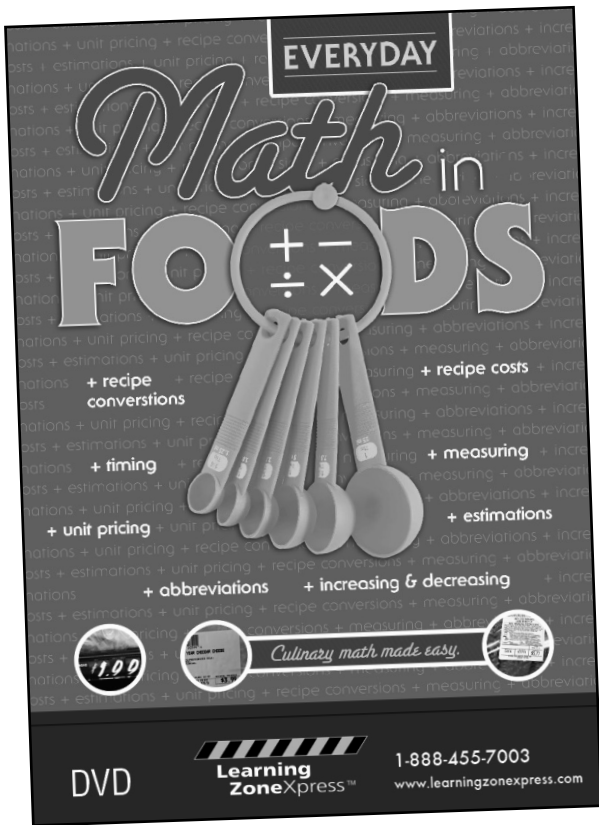
3 teaspoons = 1 tablespoon

2. How many tablespoons are in a cup?

16 tablespoons = 1 cup

8 tablespoons = 1/2 cup

4 tablespoons = 1/4 cup



Name: _____

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VIDEO WORKSHEET

Timing a Meal

Instructions: Use this worksheet to take notes as you watch "Timing a Meal".

TURKEY

The turkey needs to cook 13 to 15 minutes per pound.

How long will it take to cook an 8-pound turkey?

8 pounds x 15 minutes = _____

Total time needed to cook the turkey: _____

POTATOES

Wash and peel time: 15 minutes

Cook time: 45 minutes

Mash time: 5 minutes

How long will it take to cook the potatoes?

15 + 45 + 5 = _____

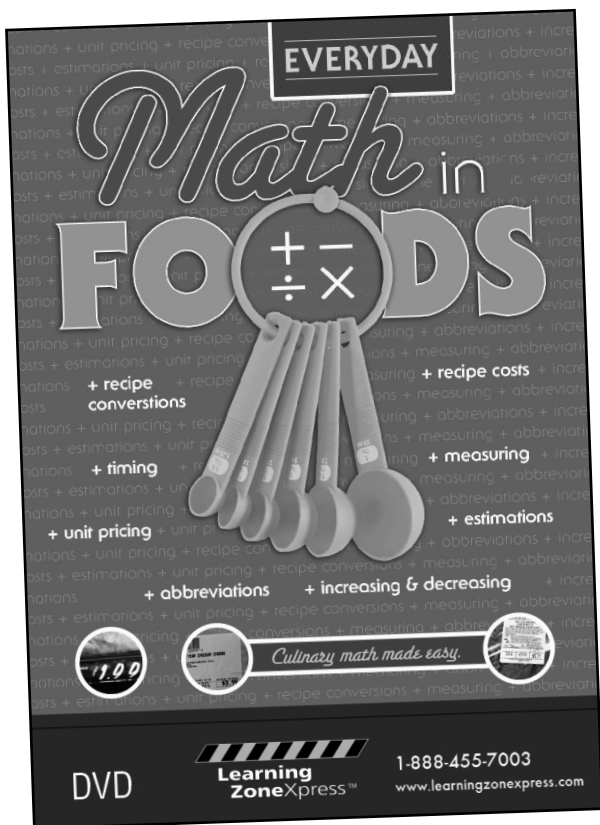
Total time needed to cook the potatoes: _____

	Total Time Needed To Cook	Cook Start Time	Cook End Time
Turkey	2 hours	12:00 p.m.	2:00 p.m.
Potatoes	About one hour	1:00 p.m.	2:00 p.m.
Corn	15 minutes	1:45 p.m.	2:00 p.m.

CORN

Total time needed to cook the corn: 15 minutes





ANSWER KEY

Timing a Meal

Instructions: Use this worksheet to take notes as you watch "Timing a Meal".

TURKEY

The turkey needs to cook 13 to 15 minutes per pound.

How long will it take to cook an 8-pound turkey?

8 pounds x 15 minutes = **120 minutes, or 2 hours**

Total time needed to cook the turkey: **2 hours**

POTATOES

Wash and peel time: 15 minutes

Cook time: 45 minutes

Mash time: 5 minutes

How long will it take to cook the potatoes?

15 + 45 + 5 = **65 minutes, or 1 hour and 5 minutes**

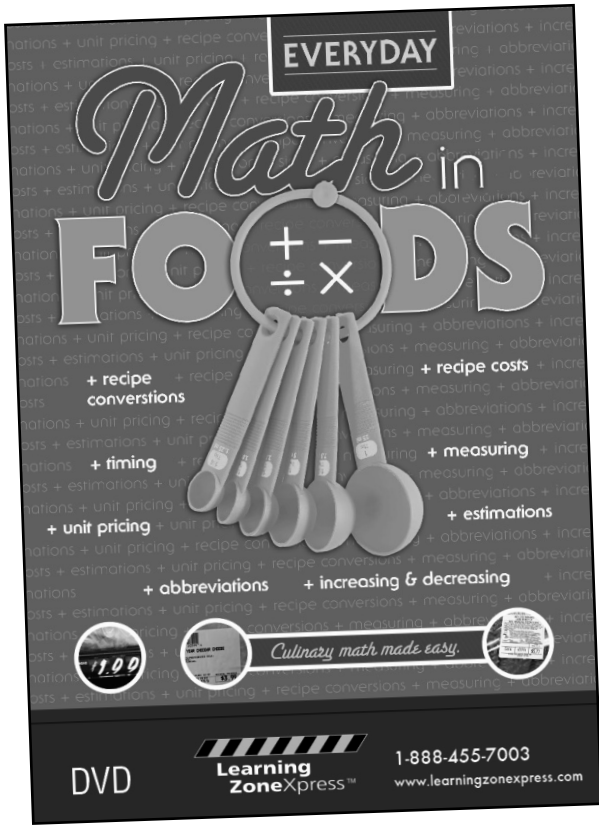
Total time needed to cook the potatoes: **1 hour and 5 minutes**

	Total Time Needed To Cook	Cook Start Time	Cook End Time
Turkey	2 hours	12:00 p.m.	2:00 p.m.
Potatoes	About one hour	1:00 p.m.	2:00 p.m.
Corn	15 minutes	1:45 p.m.	2:00 p.m.

CORN

Total time needed to cook the corn: 15 minutes





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VIDEO WORKSHEET

Estimation

Instructions: Use this worksheet to take notes as you watch “Estimation”.

PART I: At the Store

1. What does the chef need for his recipe? _____
2. What is the problem? _____

Cans of Tomato Sauce	Conversion to Cups	Should he buy it? Why or why not?
8 oz. Can		
15 oz. Can		
28 oz. Can		
96 oz. Can		

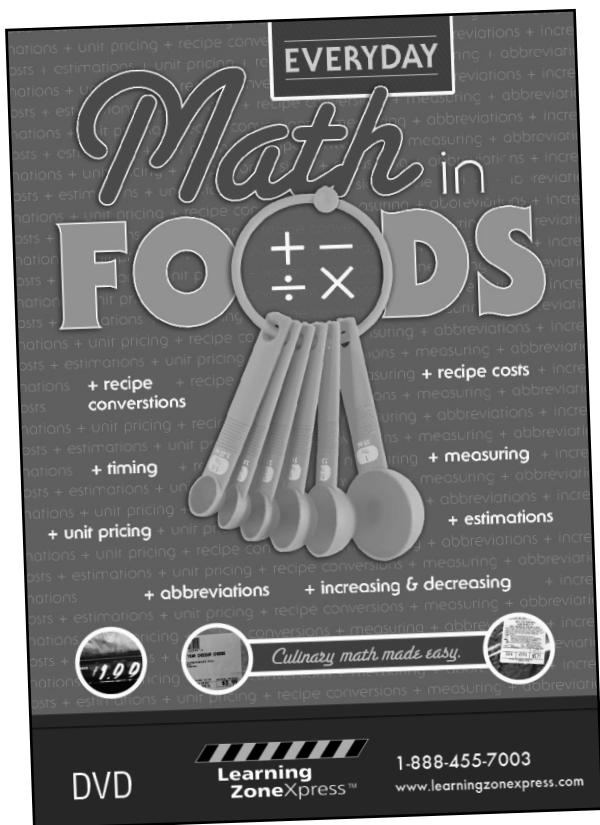
PART II: Peanut Butter Cookies

The chef buys all the ingredients that he needs for cookies. But he doesn't use all the ingredients. He wants to figure out how exactly how much money he spent on the cookies.

For example, he bought a dozen (12) eggs. But he didn't use them all in his recipe.

1. How much were the dozen eggs? _____
2. How many eggs did he use? _____
3. What equation should he use to figure out the price of one egg? _____
4. What is the cost of one egg? _____





ANSWER KEY

Estimation

Instructions: Use this worksheet to take notes as you watch “Estimation”.

PART I: At the Store

1. What does the chef need for his recipe? 2 cups of tomato sauce
2. What is the problem? The store doesn't sell a can of tomato sauce that is exactly 2 cups.

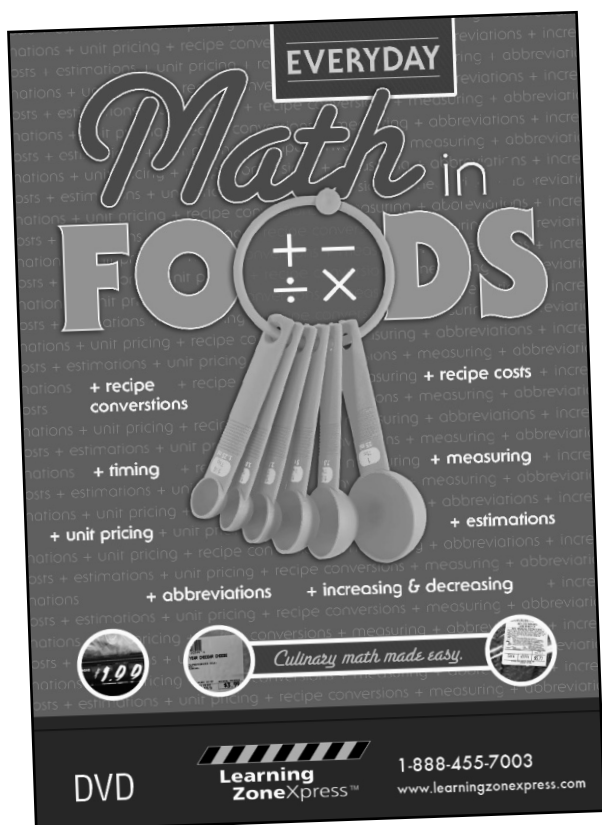
Cans of Tomato Sauce	Conversion to Cups	Should he buy it? Why or why not?
8 oz. Can	1 C.	Yes, he should buy two cans which is exactly two cups.
15 oz. Can	1 3/4 c. + 2 T.	No, it's less than two cups.
28 oz. Can	3 1/2 c.	No, it's more than he needs.
96 oz. Can	12 c.	No, it's way more than he needs.

PART II: Peanut Butter Cookies

The chef buys all the ingredients that he needs for cookies. But he doesn't use all the ingredients. He wants to figure out how exactly how much money he spent on the cookies.

For example, he bought a dozen (12) eggs. But he didn't use them all in his recipe.

1. How much were the dozen eggs? **\$1.99**
2. How many eggs did he use? **1**
3. What equation should he use to figure out the price of one egg? **$\$1.99 / 12$**
4. What is the cost of one egg? **17 cents**



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VIDEO WORKSHEET

Unit Price - Best Buy

Instructions: Use this worksheet to take notes as you watch “Unit Price - Best Buy”.

1. Why is the chef comparing different types of cheeses? _____

The first step in figuring out the best buy is to know how to identify the units. A unit can be pounds or ounces. It can also be bottles of water or granola bars in a package.

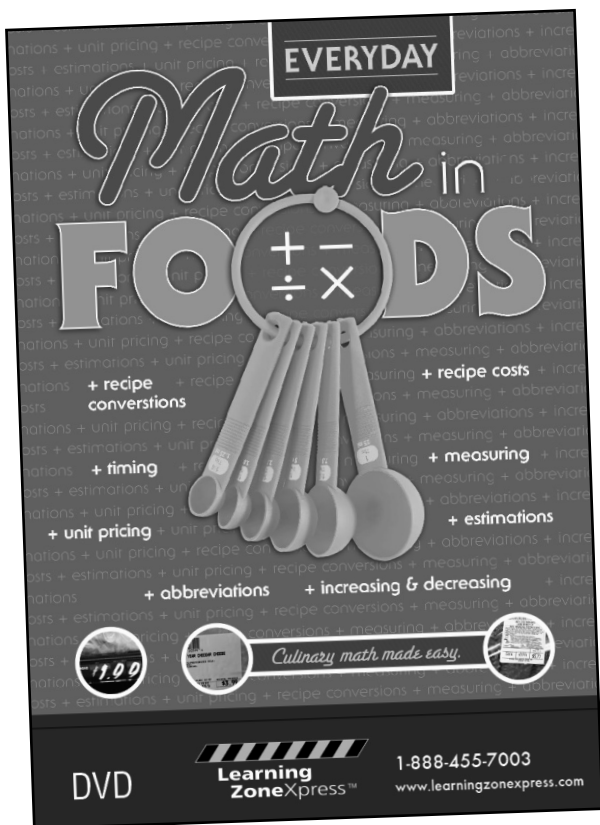
2. What unit is the chef using to compare the cheeses? _____

3. How does he figure out the unit price? _____

Steps to Remember

1. Identify the unit.
2. Figure out how many units the item has.
3. Figure out the unit price by dividing the total cost by the number of units.
4. Compare the prices.





ANSWER KEY

Unit Price - Best Buy

Instructions: Use this worksheet to take notes as you watch “Unit Price - Best Buy”.

1. Why is the chef comparing different types of cheeses? To figure out which is the best buy.

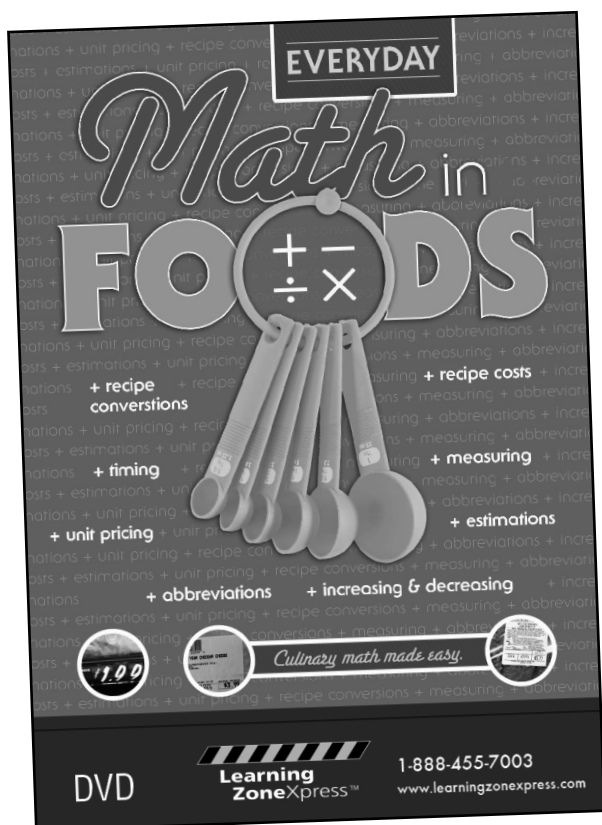
The first step in figuring out the best buy is to know how to identify the units. A unit can be pounds or ounces. It can also be bottles of water or granola bars in a package.

2. What unit is the chef using to compare the cheeses? ounces
3. How does he figure out the unit price? He divides the price of the item by the number of units.

Steps to Remember

1. Identify the unit.
2. Figure out how many units the item has.
3. Figure out the unit price by dividing the total cost by the number of units.
4. Compare the prices.





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VIDEO WORKSHEET

Recipe Conversion

Instructions: Use this worksheet to take notes as you watch "Recipe Conversion".

- To expand a recipe is to _____ the amount.
- If you want to double the size of your recipe, you multiply by _____.

Examples:

$\frac{1}{2}$ cup of shortening $\times 2 =$ _____

1 egg $\times 2 =$ _____

- To reduce a recipe is to _____ the amount.
- If you want to cut a recipe in half, you divide by _____.

Examples:

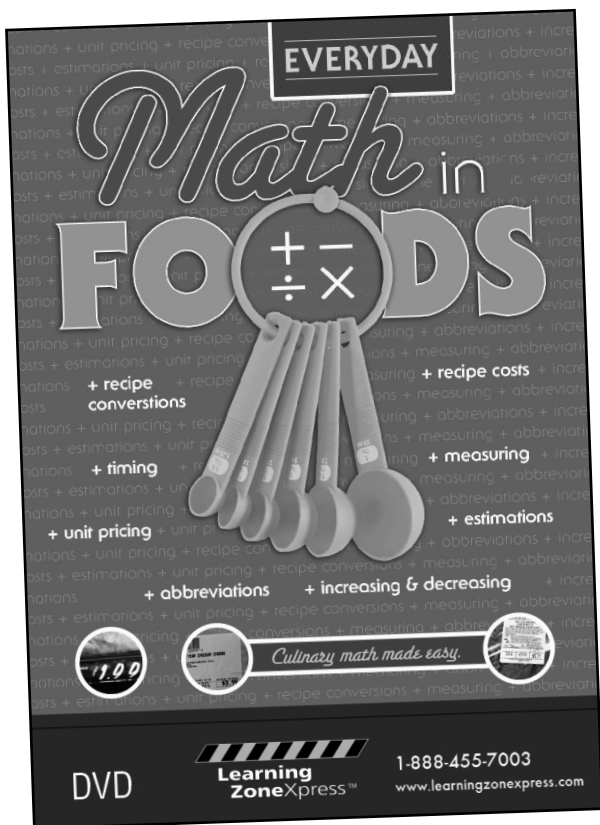
6 eggs $\div 2 =$ _____

7 cups of flour $\div 2 =$ _____



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ANSWER KEY

Recipe Conversion

Instructions: Use this worksheet to take notes as you watch "Recipe Conversion".

1. To expand a recipe is to increase the amount.
2. If you want to double the size of your recipe, you multiply by 2.

Examples:

$\frac{1}{2}$ cup of shortening $\times 2 =$ 1 cup of shortening

1 egg $\times 2 =$ 2 eggs

3. To reduce a recipe is to decrease the amount.

4. If you want to cut a recipe in half, you divide by 2.

Examples:

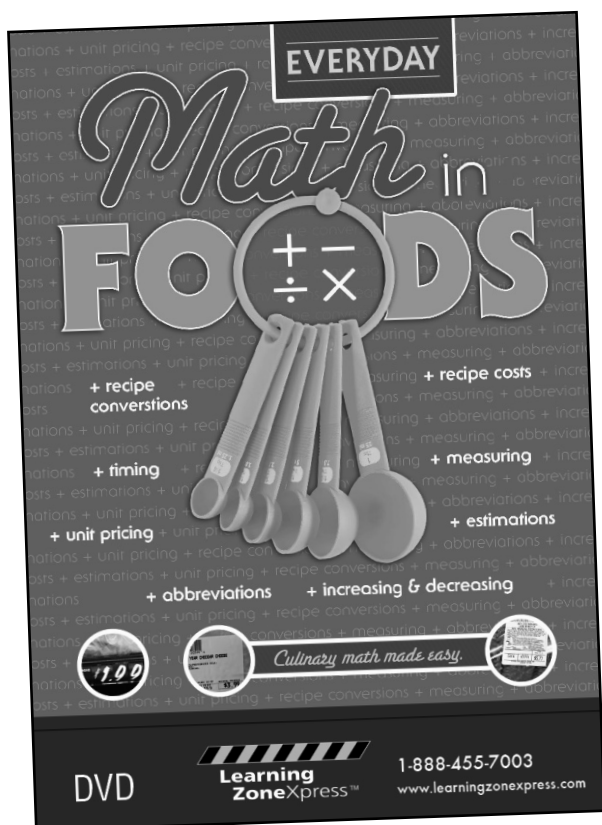
6 eggs $\div 2 =$ 3 eggs

7 cups of flour $\div 2 =$ 3 $\frac{1}{2}$ cups of flour



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VIDEO WORKSHEET

English to Metric Conversion

Instructions: Use this worksheet to take notes as you watch “English to Metric Conversion”.

What is the metric system? The metric system is a system of measurement. Most countries use the metric system. In fact, the United States is one of the only countries that does not. The United States uses the English system of measurement.

Metric System Abbreviations

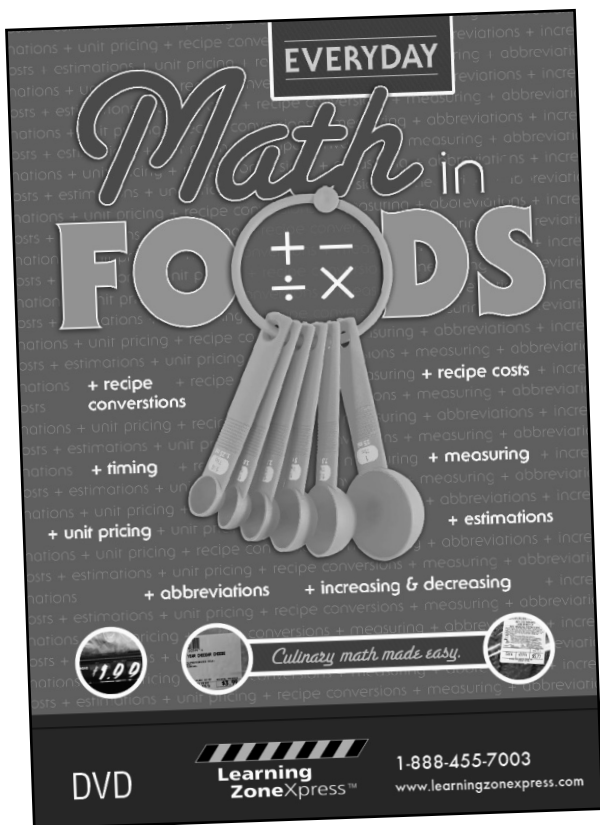
liter = L

gram = gm

milliliter = mL or ml

English Measurement	Metric Equivalent (Rounded Up)
1 teaspoon	
1 tablespoon	
1 cup	
1 quart	
1 gallon	
1 ounce	
1 pound	





ANSWER KEY

English to Metric Conversion

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What is the metric system? The metric system is a system of measurement. Most countries use the metric system. In fact, the United States is one of the only countries that does not. The United States uses the English system of measurement.

Metric System Abbreviations

liter = L

gram = gm

milliliter = mL or ml

English Measurement	Metric Equivalent (Rounded Up)
1 teaspoon	5 milliliters
1 tablespoon	15 milliliters
1 cup	237 milliliters
1 quart	947 milliliters
1 gallon	3.8 liters
1 ounce	28 grams
1 pound	454 grams

