#300047

**Name:** __________________________

**Hour:** __________________________

## VIDEO WORKSHEET

### Reading a Recipe

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

### Part of the Recipe

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

### Measurement

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Common Abbreviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teaspoon</td>
<td>tbsp. or T.</td>
</tr>
<tr>
<td></td>
<td>c. or C.</td>
</tr>
<tr>
<td>Ounces (as measure of mass weight)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Ounces (as measure of volume)</td>
</tr>
<tr>
<td></td>
<td>lb. or #</td>
</tr>
<tr>
<td>Hour</td>
<td>min.</td>
</tr>
</tbody>
</table>

If the measurement is plural, does the abbreviation stay the same? _______
### Part of the Recipe

<table>
<thead>
<tr>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Yield</strong> The number of servings; lets you know if you are preparing enough food for your guests</td>
</tr>
<tr>
<td><strong>Preparation Time</strong> How long it takes to prepare your ingredients for cooking</td>
</tr>
<tr>
<td><strong>Cooking Time</strong> How long it takes to cook your food</td>
</tr>
<tr>
<td><strong>List of Ingredients</strong> Food items you will need; usually contains abbreviations</td>
</tr>
</tbody>
</table>

### Measurement

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Common Abbreviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teaspoon</td>
<td>tsp. or t.</td>
</tr>
<tr>
<td>Tablespoon</td>
<td>tbsp. or T.</td>
</tr>
<tr>
<td>Cup</td>
<td>c. or C.</td>
</tr>
<tr>
<td>Ounces (as measure of mass weight)</td>
<td>oz.</td>
</tr>
<tr>
<td>Ounces (as measure of volume)</td>
<td>fl. oz. or fluid ounce</td>
</tr>
<tr>
<td>Pound</td>
<td>lb. or #</td>
</tr>
<tr>
<td>Hour</td>
<td>hr.</td>
</tr>
<tr>
<td>Minutes</td>
<td>min.</td>
</tr>
</tbody>
</table>

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

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

1. List the four types of measuring spoons.
   • __________________________
   • __________________________
   • __________________________
   • __________________________

2. List the four types of measuring cups.
   • __________________________
   • __________________________
   • __________________________
   • __________________________

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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?

________________________________________________________________________
________________________________________________________________________
Measuring Techniques

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

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

2. 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 |
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>salt</td>
<td>sugar</td>
<td>butter</td>
<td>oil</td>
</tr>
<tr>
<td>herbs</td>
<td>oatmeal</td>
<td>sour cream</td>
<td>milk</td>
</tr>
<tr>
<td>spices</td>
<td>flour</td>
<td>shortening</td>
<td>water</td>
</tr>
<tr>
<td>baking soda</td>
<td></td>
<td>peanut butter</td>
<td></td>
</tr>
<tr>
<td>baking powder</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.
Helpful Tip!

In one cup, there are four ¼ cups. In one teaspoon, there are four ¼ 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

Kitchen Equivalents

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

In one cup, there are four ¼ cups. In one teaspoon, there are four ¼ 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
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 \times 15 \text{ 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: ________________

CORN
Total time needed to cook the corn: 15 minutes
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

CORN
Total time needed to cook the corn: 15 minutes
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? ________________________________

<table>
<thead>
<tr>
<th>Cans of Tomato Sauce</th>
<th>Conversion to Cups</th>
<th>Should he buy it? Why or why not?</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 oz. Can</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15 oz. Can</td>
<td></td>
<td></td>
</tr>
<tr>
<td>28 oz. Can</td>
<td></td>
<td></td>
</tr>
<tr>
<td>96 oz. Can</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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? ________________________________
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.**

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

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

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

Examples:
½ cup of shortening × 2 = ________________________________
1 egg × 2 = ________________________________

3. To reduce a recipe is to ______________________ the amount.
4. If you want to cut a recipe in half, you divide by ________________.

Examples:
6 eggs / 2 = ________________________________
7 cups of flour / 2 = ________________________________
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:
½ cup of shortening x 2 = ______ 1 cup of shortening ______
1 egg x 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 / 2 = ______ 3 eggs ______
7 cups of flour / 2 = ______ 3 ½ cups of flour ______
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

<table>
<thead>
<tr>
<th>English Measurement</th>
<th>Metric Equivalent (Rounded Up)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 teaspoon</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon</td>
<td></td>
</tr>
<tr>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td>1 quart</td>
<td></td>
</tr>
<tr>
<td>1 gallon</td>
<td></td>
</tr>
<tr>
<td>1 ounce</td>
<td></td>
</tr>
<tr>
<td>1 pound</td>
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**Metric System Abbreviations**

- liter = L
- gram = gm
- milliliter = mL or ml

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<td>1 teaspoon</td>
<td>5 milliliters</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>15 milliliters</td>
</tr>
<tr>
<td>1 cup</td>
<td>237 milliliters</td>
</tr>
<tr>
<td>1 quart</td>
<td>947 milliliters</td>
</tr>
<tr>
<td>1 gallon</td>
<td>3.8 liters</td>
</tr>
<tr>
<td>1 ounce</td>
<td>28 grams</td>
</tr>
<tr>
<td>1 pound</td>
<td>454 grams</td>
</tr>
</tbody>
</table>