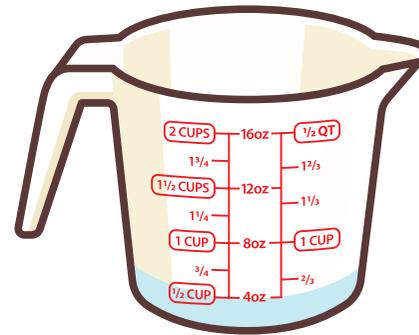
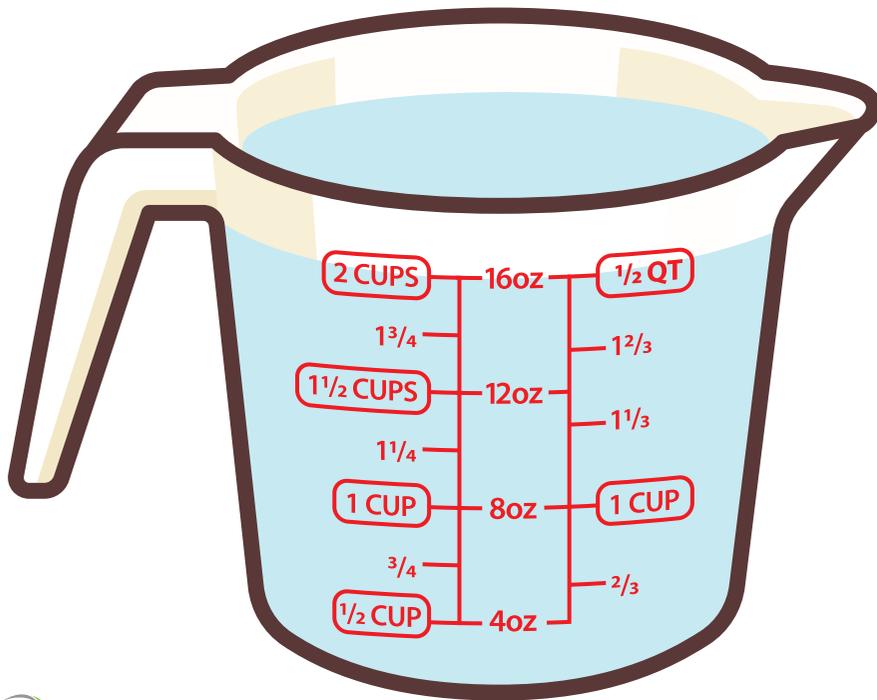


Kitchen Measuring

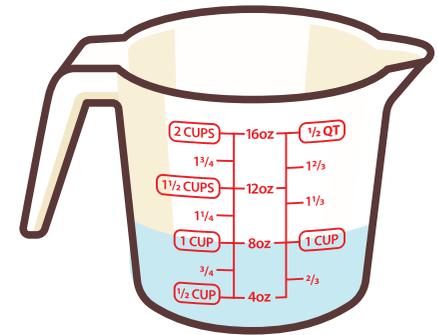
Liquid Measuring Cups

Liquid measuring cups are used to measure liquids like water, milk and oil. It's important to use the correct measuring cup when following a recipe. Be sure to have your measuring cup on a flat surface when pouring in your ingredient or you may accidentally add too much or too little to your recipe.

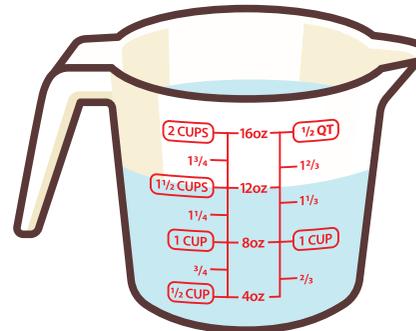
There are two main types of measuring cups — dry measuring cups and liquid measuring cups. Using the right type of measuring cup can determine the outcome of the recipe you're making. In baking, making improper measurements can completely throw off a recipe. For example, when measuring flour, a dry measuring cup lets you portion out the exact amount that you need.



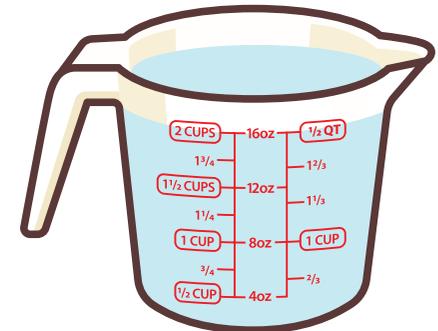
oz. = cup



oz. = cup



oz. = cups



oz. = cups



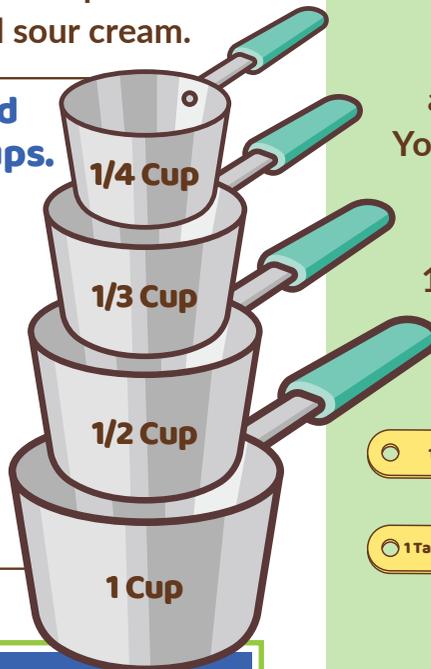
Kitchen Measuring

Dry Measuring Cups

Dry measuring cups are used to measure dry ingredients like flour and sugar. They are also used to measure solid, non-pourable ingredients, like peanut butter and sour cream.

Circle the ingredients you would measure with a dry measuring cups.

sugar	sour cream	butter
rice	bread crumbs	flour
peanut butter	salt	cheese
water	cereal	nuts
brown sugar	milk	juice
oil	vinegar	yogurt

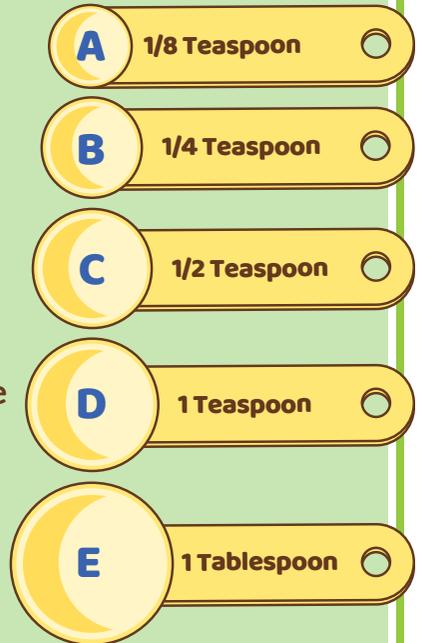


Pour or spoon your ingredient into the measuring cup over sink or extra bowl. Overfill measuring cup to make sure you have enough. Using the edge of a flat surface, such as a butter knife or spatula, move the straight edge level across the top of the measuring cup. The excess will fall into the sink or bowl. You now will have an accurately measured ingredient.



Measuring Spoons

Measuring spoons are most commonly used to measure small amounts of spices such as cinnamon, salt and pepper. You can also use them to measure liquids like milk or water. They range in size from 1/8 teaspoon to 1 tablespoon.



1 Teaspoon **A small "t" or tsp. = teaspoon**

1 Tablespoon **A large T, Tbs. or Tbsp. = Tablespoon**

Add the correct letter below to show what spoon you would use.

- | | | |
|---|---|---|
| <input type="checkbox"/> D 1 tsp. vanilla | <input type="checkbox"/> 2 Tbs. sugar | <input type="checkbox"/> 1/8 tsp. cinnamon |
| <input type="checkbox"/> 1/2 tsp. salt | <input type="checkbox"/> 1/4 tsp. pepper | <input type="checkbox"/> 2 tsp. butter |
| <input type="checkbox"/> 1 Tbs. flour | <input type="checkbox"/> 1/2 tsp. oregano | <input type="checkbox"/> 1 Tbs. honey |
| <input type="checkbox"/> 1/8 tsp. paprika | <input type="checkbox"/> 1 Tbs. oil | <input type="checkbox"/> 1/4 tsp. baking soda |