Measurement Principles:

Systems of Measurement:

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

-Liquids: mL, L

-Solids: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

-Pan Dimensions: mm, cm

**-Imperial (or Customary)**

-Liquids: Fluid oz. (Fl. oz.), oz.

-Solids: Cups (c.), \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Tablespoons (Tbsp.) Ounces (oz.), Pounds (lbs)

-Pan Dimensions: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Common Measurement Terms:

**“Few Drops”**

-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

-Example: Tobasco, Almond Extract

**“Pinch”**

-Small amount between two fingers, approximately 1/2 tsp

-Example: \_\_\_\_\_\_\_\_\_\_\_\_

Equipment:

-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: used for small amounts of liquid and dry ingredients

-Liquid Measuring Cups: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (e.g. water, milk, heavy cream)

-Dry Measuring Cups: used to measure dry ingredients (e.g. flour, brown or white sugar, oats)

-Custard Cups: small glass bowls used to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Metric System:

There are five sizes of measuring spoons, and three sizes of dry measuring cups:

* 1) 1)
* 2) 2)
* 3) 3)
* 4)
* 5)

Liquid measures are clear and have a spout that is easy for pouring, and come in three sizes:

* 1)
* 2)
* 3)

Imperial Measures:

There are four sizes of measuring spoons used, and four size of dry measuring cups:

* 1) 1) 1 Cup
* 2) 2) ½ Cup
* 3) 3) 1/3 Cup
* 4) 4) ¼ Cup

Liquid measuring cups come in more than one size, but the most common is one cup.

Measurement Tips and Tricks:

**Combining Measures:**

When measuring ingredients, you may need to use a combination of measures to get the accurate amount

-Example: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*\*\*Please complete the measures on your worksheet now, writing down combinations to make up the measures (HINT: there is more than one answer)

-Assume you are measuring dry ingredients

1. 3mL =
2. 4mL =
3. 35mL =
4. 75mL =
5. 275mL =
6. 425mL =
7. 550mL =
8. 625mL =
9. 700mL =
10. 900mL =

**Measuring Flour:**

Measuring flour requires special treatment:

* 1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* 2) Delicately spoon flour into your measure
* 3) Level off with a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*\*\*Icing sugar and \_\_\_\_\_\_\_\_\_\_\_\_\_ also require the same treatment!

**Measuring Brown Sugar:**

Brown sugar also requires a special method of measuring:

* 1) Scoop brown sugar into dry measure and pack down
* 2) Level off
* 3) Place in custard cup or in recipe – it should \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ if packed properly

**Measuring Liquids:**

When measuring liquids, you need to..

* 1) Place your liquid measuring cup on a level surface
* 2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Measuring Solid Fat:**

Solid fat includes items such as butter, margarine, or shortening, and can be measured three ways:

* 1) Cut according to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* 2) Packed into a dry measure and leveled off
* 3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + A) Measure “x” amount of cold water in a liquid measure
  + B) Add fat until water level rises “x” + amount needed
  + C) Drain off the water
  + D) Fat is ready to use

**HINT!**

Measure in the following order so you won’t have to use two sets of measures (or have to wash in between):

* 1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (e.g. baking powder, flour, brown sugar)
* 2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (e.g. water, milk)
* 3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (e.g. oil, shortening, syrup)