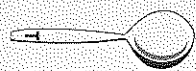
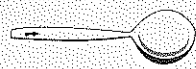


Measure UP! Worksheet

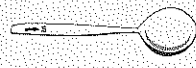
Baking requires the most accurate measurements possible so the product turns out the same each time. Scales are most accurate, it is always best to use the fewest number of measuring steps or units possible for the most accuracy. EX: It is more accurate to measure $\frac{3}{4}$ cup flour with $\frac{1}{2}$ cup + $\frac{1}{4}$ cup (I+K) than it is to use $\frac{1}{4}$ + $\frac{1}{4}$ + $\frac{1}{4}$ (K+K+K). Also, it's best to measure liquids with a liquid cup unless the recipe calls for less than 4 tablespoons ($\frac{1}{4}$ cup).



A. tablespoon



B. teaspoon



C. $\frac{1}{2}$ teaspoon



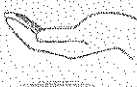
D. $\frac{1}{4}$ teaspoon



E. electronic scale



F. liquid measuring cup



G. hand



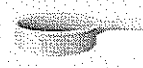
H. 1 cup



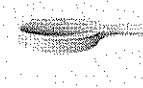
I. $\frac{1}{2}$ cup



J. $\frac{1}{3}$ cup



K. $\frac{1}{4}$ cup



L. $\frac{1}{8}$ cup

Directions:

For each ingredient listed, write in the blank the combination of letters you would use for the BEST way to measure that ingredient. In some cases, two answers may work. List all the best options. Use the Measurement Guide for equivalents and abbreviation help.

- | | | |
|---|--|--|
| 1. _____ 1 cup sugar | 13. _____ 3 tablespoons flax meal | 25. _____ $\frac{1}{3}$ cup brown sugar |
| 2. _____ 1 large egg | 14. _____ 3 teaspoons baking powder | 26. _____ 6 oz water |
| 3. _____ 1 $\frac{1}{2}$ tablespoon oil | 15. _____ $\frac{1}{2}$ cup butter/4 oz. | 27. _____ $\frac{3}{4}$ cup baking mix |
| 4. _____ 4 tablespoon water | 16. _____ 1 $\frac{1}{2}$ cups (6 oz.) grated cheese | 28. _____ 2 tablespoons butter |
| 5. _____ 2 $\frac{1}{4}$ teaspoon dry yeast | 17. _____ 1 pkg (7g) active dry yeast | 29. _____ 2 egg whites/2 oz. |
| 6. _____ $\frac{2}{3}$ cup cornmeal | 18. _____ 3 medium apples (1 lb.) | 30. _____ 115gm pastry flour |
| 7. _____ 2 tablespoons corn starch | 19. _____ 1, 11 oz. spice muffin mix | 31. _____ $\frac{1}{3}$ cup oil |
| 8. _____ dash nutmeg | 20. _____ $\frac{3}{4}$ teaspoon ground cinnamon | 32. _____ a pinch of salt |
| 9. _____ 4 tablespoon corn syrup | 21. _____ $\frac{1}{2}$ cup baking cocoa | 33. _____ $\frac{3}{4}$ cup milk |
| 10. _____ 1 pound powdered sugar | 22. _____ 8 oz. cheddar cheese | 34. _____ 1 cup applesauce |
| 11. _____ 1 medium zucchini | 23. _____ 1, 15 oz. can pumpkin | 35. _____ 4 cups (312g) rolled oats |
| 12. _____ $\frac{1}{2}$ cup moist raisins | 24. _____ 1, 12 oz. pkg choc. chips | 36. _____ $\frac{1}{3}$ tablespoon baking soda |