**Measuring Foods - Study Guide**

1. **Measuring liquid ingredients**
2. Place a liquid measuring cup on a level surface.
3. Pour the liquid in to the cup to the correct line.
4. Check the measure at eye level to be sure you measured the correct amount

1. **Measuring dry ingredients**
2. Use a dry measuring cup or spoon
3. Use a spoon to fill the measuring cup or spoon to overflowing. Do not pack or shake ingredients into the cup or spoon unless the recipe tells you to.
4. Level the measuring cup or spoon with a straight-edged spatula.
5. If needed, sig the ingredients before measuring. If the recipe calls for 2 cups of sifted flour, sift flour before measuring. If the recipe calls for 2 cups of flour and then tells you to sift it, do so after measuring. Confectioners’’ sugar should be sifted before measuring. Granulated sugar should be sifted if it has lumps in it.
6. **Measuring brown sugar**
7. Use a dry measuring cup or spoon
8. Lightly pack the brown sugar into the cup or spoon.
9. Level the cup or spoon by packing the brown sugar, so that it is even with the top of the cup or spoon. You can also level the cup or spoon with a straight edged spatula.
10. If it is measured correctly the brown sugar with stay in the shape of the cup or spoon when it is emptied.
11. **Measuring special items** (peanut butter, butter, etc.)
12. Use a dry measuring cup or spoon.
13. Pack the food into the cup or spoon
14. Level with rubber scrapper.
15. Use the rubber scraper to scrape all the food from the cup or spoon
16. **Measuring Equivalents**
17. **Dry and liquid**
18. 3 teaspoons = 1 tablespoon
19. 4 tablespoons = ¼ cup
20. 8 tablespoons = ½ cup
21. 12 tablespoons = ¾ cups
22. 16 tablespoons = 1 cup
23. few grains, dash, or pinch = less than 1/8 teaspoon
24. **Liquid measures**
    1. 2 tablespoons = 1 fluid ounce
    2. 1 cup = 8 fluid ounces
    3. 2 cups = 16 fluid ounces = 1 pint
    4. 4 cups = 32 fluid ounces = 1 quart
    5. 2 pints = 1 quart
    6. 4 quarts = 1 gallon
25. **Dry Measures** 
    1. 16 ounces = 1 pound
    2. 8 quarts = 1 peck
    3. 4 pecks = 1 bushel

1. **Cutting Foods**
2. **Chop**: cut into small pieces using a sharp knife, food processor or blender.
3. **Core**: remove the center, or core, of a food using a sharp knife or coring tool.
4. **Cube**: cut into small, even cubes using a sharp knife.
5. **Grate**: rub a food back and forth against a grater to get vey small pieces.
6. **Mince**: cut into very small pieces with a sharp knife or kitchen shears.
7. **Pare or Peel**: remove the skin or a food using a paring knife or vegetable peeler. Peel fruits like oranges and bananas by hand.
8. **Slice**: cut food into pieces using a knife or food processor. Slice vegetable before cooking. Slice bread and meat before cooking.
9. **Mixing Ingredients**
10. **Blend**: mix slowly
11. **Beat:** mix fast bringing the contents to the top of the bowl and back down again. (spoons, rotary beaters, or electric mixers are used for beating)
12. **Combine**: mix two or more ingredients together using a spoon
13. **Fold**: mix a light, airy substance with a more solid substance by folding the two together with a rubber spatula
14. **Cream**: beat a mixture until is it light and fluffy using a spoon or electric mixer.
15. **Stir**: mix in a circular motion using a spoon.
16. **Cut in**: mix solid shortening into a flour mixture using two knifes or a pastry blender to cut through the shortening.
17. **Whip**: beat quickly using a wire whisk or rotary beater or add air to one or more ingredients.

So let’s learn more…

1. Get your computer
2. Log in
3. Click on google
4. Go to the following links:

Link #1: View video on how to measuring properly with measuring tools

[**http://tinyurl.com/mumq9b2**](http://tinyurl.com/mumq9b2)

Link #2: Read and view pictures of how to measure

[**http://tinyurl.com/y9sjeqmp**](http://tinyurl.com/y9sjeqmp)

Link #3: View video on how to measure properly – how to measure flour

[**http://tinyurl.com/or8v4zy**](http://tinyurl.com/or8v4zy)

Link #4: View video on how to measure properly – FINAL recap

[**http://tinyurl.com/ycmdwnav**](http://tinyurl.com/ycmdwnav)

**Be ready to write down & share 2 things you learn from each link above.**

**If time allows try your hand at the Quizlet on cooking vocabulary.**

[**http://tinyurl.com/yd2yollt**](http://tinyurl.com/yd2yollt)