

Lesson 3 - Measures

Purpose: To teach measuring techniques, using both liquid and dry measuring tools, and to explain when it is important to measure accurately (e.g. baking).

Instructor's Note: Ingredients can be measured using imperial units such as cups, tablespoons and teaspoons or the metric system using liters and milliliters. Most recipes give the quantities in both metric and imperial measures. Accurate measuring is very important for baking. Using a liquid measure for a dry ingredient or a dry measure for a liquid ingredient is less accurate.

Tip: Practice in measuring ingredients is a useful exercise to help develop math skills.



Measuring Equipment – Imperial Measures

Abbreviations:

Teaspoon = tsp

Tablespoon = tbsp

Cup = c

Measuring Equipment – Metric Measures

Abbreviations:

Millilitres = mL

Litres = L

How to Measure Dry Ingredients

Measure dry ingredients by spooning them directly into a dry measure and filling it to overflowing. Then a straight edge spatula or knife is used to level off the ingredient that is above the rim.

How to Measure Solid Fat

Butter, margarine, shortening and lard can be pressed firmly into a dry measure and leveled off at the rim. Sometimes margarine, butter and shortening packages have lines on them to show the measured amounts.

How to Measure Liquids

Place the measuring cup on a flat surface and read at eye level. The top measuring line is a little below the rim so that the liquid will not spill over.

Note: Some learners may not have any measuring cups or spoons. If they are not able to buy them then suggest the following alternatives. A medium size coffee mug or clear glass can be used in place of a measuring cup. Lines should be marked on the outside where it would be 1/4 full, 1/2 full and 3/4 full. A soup spoon can be used for a tablespoon measure and a regular teaspoon can be used for a teaspoon measure.

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Lesson 3 – Measures continued...



You will need:

Imperial and metric measuring cups
Table knife
Salt
Flour
Water

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Literacy Stage 1

Activity 1

1. Place dry measures and liquid measures on a table. Show learners each set and talk about the differences between dry and liquid measures.
2. Ask learners, in turn, to choose what they would use to measure a specific amount of an ingredient. For example, ask them what they would use to measure a 1/2 cup (125 mL) of flour or 1 teaspoon (5 mL) of vinegar, etc.

Note: When the learners are able to do this well, you can make it more difficult by asking them for amounts that require more than one measure (e.g. 1+1/2 cups or 375 mL white sugar).

3. Show learners some measuring tools. Ask them to write down whether it is a dry or liquid measure and how much it would hold.

Literacy Stage 2

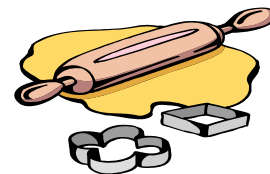
Activity 2

1. Review dry and liquid measures.
2. Handout [Activity Sheet 4.3: Measuring Ingredients – Imperial](#) or [Activity Sheet 4.4: Measuring Ingredients - Metric](#).
3. Ask the learners to match the measure to the ingredients. Discuss their answers.

Literacy Stage 3

Activity 3

1. Set out the dry measure set and a table knife in one area with some dry ingredients such as salt and flour.
2. Set the liquid measures in another area with some water.
3. Set the small measures and a table knife in a third area with both dry ingredients and water.
4. Show learners where the amounts are marked on each measure. Demonstrate at each area how to measure the ingredients.
5. Ask learners to measure both dry and liquid ingredients for various amounts. When learners are able to do this well, you can make it more difficult by asking them to measure amounts that require more than one measuring tool (e.g. 1+1/2 tsp. or 7 mL salt).
6. Ask learners to write down the differences between dry and liquid measures. Discuss their answers.



Measuring Ingredients – Imperial

Measuring Utensils

1. dry measure – 1/4 cup (c.)
2. dry measure – 1/2 c.
3. dry measure - 1 c.
4. liquid measure - 1 c.
5. liquid measure - 2 c.
6. liquid measure - 4 c.
7. small measure – 1/4 teaspoon (tsp.)
8. small measure – 1/2 tsp.
9. small measure - 1 tsp.
10. small measure - 1 tablespoon (tbsp.)



Write the numbers of the measures needed to measure the following ingredients.

Example:

1 c. sugar 3

1+1/2 tsp. nutmeg 8 and 9

3/4 c. water _____

2 tbsp. corn starch _____

1 tsp. vanilla _____

1 c. oil _____

1 tbsp. baking soda _____

1 tsp. vinegar _____

3/4 c. brown sugar _____

4 tsp. baking powder _____

1+1/2 tsp. pepper _____

2/3 c. shortening _____

1/4 c. milk _____

1/2 c. raisins _____

1/3 c. lemon juice _____

1 c. flour _____

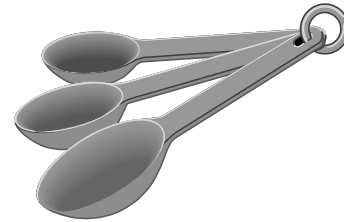
1/2 tsp. salt _____

1 tsp. cinnamon _____

Measuring Ingredients – Metric

Measuring Utensils

1. dry measure - 50 millilitres (mL)
2. dry measure - 125 mL
3. dry measure - 250 mL
4. liquid measure - 250 mL
5. liquid measure - 500 mL
6. liquid measure - 1 000 mL
7. small measure - 1 mL
8. small measure - 2 mL
9. small measure - 5 mL
10. small measure - 15 mL
11. small measure - 25 mL



Write the numbers of the measures needed to measure the following ingredients.

Example:

250 mL sugar 3

7 mL nutmeg 8 and 9

175 mL water _____

25 mL corn starch _____

5 mL vanilla _____

250 mL oil _____

15 mL baking soda _____

5 mL vinegar _____

175 mL brown sugar _____

20 mL baking powder _____

3 mL pepper _____

150 mL shortening _____

25 mL milk _____

125 mL raisins _____

75 mL lemon juice _____

250 mL flour _____

2 mL salt _____

5 mL cinnamon _____