Measuring Lesson

Gather equipment: measuring cups, measuring spoons, scales

Gather ingredients: flour, white sugar, brown sugar, margarine/butter

**Why do we measure ingredients? ACCURACY**

**Baking is a SCIENCE (EXACT) Cooking is an ART (not exact, interchangeable, creative)**

**Different types of measurements systems**

Imperial and metric. Canada uses both. Pay attention to the recipe and the packaging

**IMPERIAL Metric**

Liquid in volume: quarts, pints, cups Liquid in ml, litres

Tablespoons, teaspoons

Dry in volume: cups, ½ cup, 1/3, ¼ Dry in weight: grams, kilograms

Tablespoons, teaspoons

Solids butter, shortening is weight

Pound, ½ pound

Basically, PAY ATTENTION to the recipe and your packages

|  |  |
| --- | --- |
| Butter/shortening |  |
| 1 pound | 454 g |
|  |
| Milk/water/juice |  |
| 1 cup | About 250ml |
| 2 cups | About 500ml |

Go over Cheat Sheet

Reasons for halving

* Not enough of the ingredients, makes more than you needs

Reasons for Doubling

* Feed more people, place one in the freezer for future

Work on worksheet

Demonstrate then practice in kitchens measuring butter, flour, white and brown sugar