



## MATERIALS NEEDED

- 4 sets of dry measuring cups
- 4 sets of measuring spoons
- 4 large mixing bowls
- Various grocery items to measure such as flour, sugar, oatmeal, salt

## TIME NEEDED FOR LESSON

20—30 minutes



# Measuring Dry Ingredients

## Learner Objectives:

- The 4-H member will learn how to correctly measure dry ingredients.
- The 4-H member will be able to identify each dry measuring cup by name.
- The 4-H member will be able to identify each measuring spoon by name.

## Educational Lesson:

*Measuring accurately is probably the most important cooking skill in the kitchen. To begin, make sure that you have actual commercial measuring utensils.*

- **Flour:** Stir flour in the storage container or bag. Using a large spoon, lightly spoon flour from the container into the measuring cup. Do not shake the cup and do not pack the flour. Using the back of a knife or flat blade spatula, level off the flour even with the top edge of the measuring cup. Don't use the measuring cup to scoop the flour out of the container. You can end up with 150% of the correct measurement if you do this!
- **Baking Powder & Baking Soda:** Stir in the container. Using the measuring spoon, lightly scoop out of the container. Use that knife to level off even with the top edge of the measuring spoon.
- **Sugar** is measured by scooping the cup or measuring spoon into the container or bag until it is overflowing, then leveling off with the back of a knife
- **Brown Sugar** needs to be packed into the measuring cup. The sugar should retain the shape of the cup when it is dropped into the other ingredients.
- **Powdered Sugar** usually needs to be sifted to remove small lumps. It is measured by spooning the sugar into the measuring cup from the container, then leveling off with the back of a knife.
- **Dry Ingredients in Spoons**—Ingredients measured in these small amounts still have to be measured carefully. Overfill the measuring spoons and level off using the back of a knife for the most accurate amounts. Accurate amounts of ingredients like baking soda and powder are critical to the success of any baked product.
- **Chopped Ingredients** -Pay close attention to whether or not an ingredient is to be chopped, diced or minced, and whether they are measured before chopping or after. Then the foods are placed in the measuring cup so the top is level with the surface.

*When you bake cookies, cakes, breads, pie crusts, and candies, measuring accurately is really critical to the success of the recipe. When you are cooking casseroles, soups, stir fries, and meats, you can vary amounts more and the end result will still be good.*

## Activity:

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- The leader will pass out the measuring sets, spoons, and a mixing bowl to participants.
- Next, each individual (or groups) will receive a different ingredient (i.e. one group has flour, another has sugar).
- The leader will then demonstrate how to measure, beginning with 1 cup. After this demonstration each group will be asked to show how to measure their own ingredient using the same cup to the other groups.
- Follow the same procedure with the measuring spoons. Once each group has had a chance to measure with the cups and spoons with their choice ingredient, each could rotate to try a different one. This of course will depend on your time and number of participants.

## Reflection:

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- What can happen if you use the wrong measuring tool for your ingredient?
- Why is it important to have exact measurements?
- Have you ever tried a recipe and used the wrong measuring cup / spoon? What happened?
- Do you feel confident enough to make your own recipe now that you're familiar with measuring?

## Additional Resources:

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- See attached worksheet "Kitchen Measurements 1-2-3"
- Below is a great video if you have access to Wi-Fi!

<https://www.pinterest.com/pin/2885187236673434/>

# Measuring



A. Dry Measuring Cups

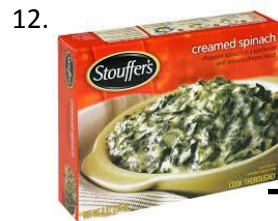


B. Measuring Spoons



C. Liquid Measuring Cup

What would you use to measure each of the following products?



## Measuring Worksheet Answers

1. A

2. B

3. C

4. C

5. A

6. A

7. B

8. B

9. C

10.C

11.C

12.A

13.A

14.B

15.B