

Activity:

Before Lesson:

Add a few drops of food coloring to bottled water. Each bottle should be a different color if possible.

Activity:

The leader will pass out a 1 cup liquid measuring cup to each individual or group. Allow time for each group to find the 1 cup mark on their measuring cup. Next, the leader should demonstrate how to correctly measure liquid ingredients. (*To measure correctly, be sure to do it at eye level. This will ensure you have an accurate or close to perfect measurement*).

Next, each individual (or group) will receive their colored water, ask them to measure 1 cup. Once found, they may pour this water into their mixing bowl and then try another measurement. The colored water should assist in participants easily identifying measurements. It might be fun to have different measurements printed on paper and cut up, and allow someone to draw a measurement each time for the groups to practice!

Reflection:

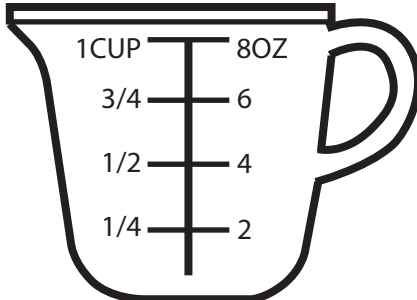
- What types of ingredients should be measured in a liquid measuring cup?
- Why is it important to have a correct measurement?
- Why can't liquid ingredients be measured in a dry measuring cup?

Additional Resources:

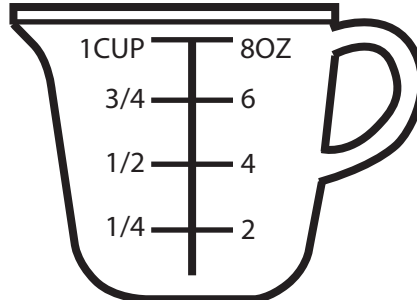
- Measurement worksheet (attached)
- <http://www.stevespanglerscience.com/lab/experiments/seven-layer-density-column>

MEASURING CUPS

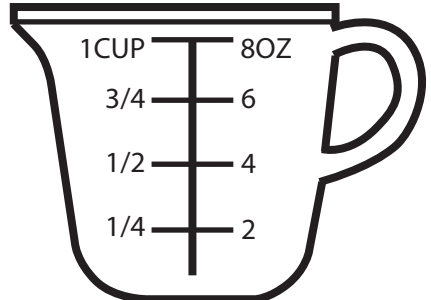
Color the measuring cup up to the indicated amount.



1/2 CUP

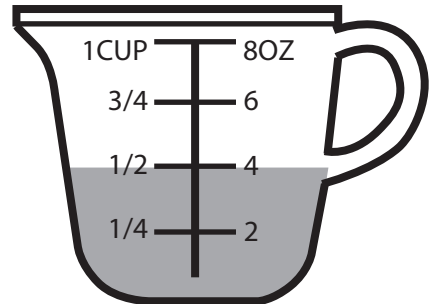
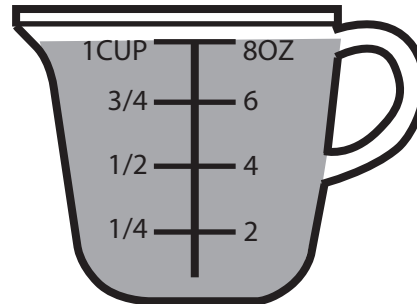
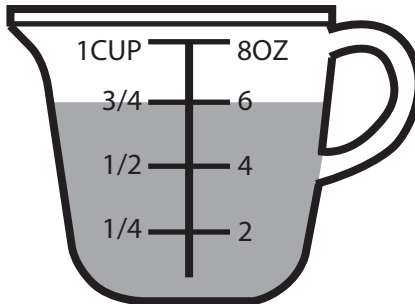


2 OZ.



3/4 CUP

Write down the measurement of each measuring cup in cups and liquid ounces.



Using the measuring cups above convert the following:

3/4 CUP = _____ OZ.

8 OZ. = _____ CUPS

1 CUP = _____ OZ.

2 OZ. = _____ CUPS

1/4 CUP = _____ OZ.

4 OZ. = _____ CUPS