

Activity:

- 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:

- 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:

- 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