

## UNDERSTANDING COOKING MEASUREMENTS

So whenever you are cooking and trying to follow a recipe, you'll be told all sorts of measurements like pounds and ounces or cups and quarts. So what are all those about and how do they work?

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

- Familiarize yourself with the measuring items in the kitchen: the measuring cups, jugs, and scales.
- For the next three meals requiring measurements, you will be on hand to measure out all the ingredients.
- If a recipe has metric ingredients, do the necessary calculation to convert it to English (US) measurements.

LEVEL I

B-2

Sometimes a quantity is given by volume (a cup, a gallon, a teaspoon) and sometimes it will be by weight, a pound or ounce. To be a Cragman, you need to know how these relate to each other.

First by volume, the different measurements relate to each other in the following way:

3 Teaspoon	=	1 tablespoon	2 Tablespoons	=	1/8 cup
2 cups	=	Pint	2 Pints	=	Quart
4 quarts	=	Gallon			

Often a measurement will be given by weight. In the US, this will most likely be in pounds and ounces. There are sixteen ounces to a pound, and just in case you need to do any conversion, there are 2.2 pounds to a metric kilogram. And of course, a thousand grams in a kilogram; that's why it's called a kilogram.

Now, that's enough information to get you set up in the kitchen. Let's get you some tasks to see if we can put this in practice.

