**Name (first & last) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Class Period \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**MEASUREMENTS, EQUIVALENTS AND ADJUSTMENTS WORKSHEET**

*Family and Consumer Sciences*

**Fill in the blank using the information found in class, textbooks, handouts, etc.**

1. 3 tsp. = \_\_\_\_\_ T. 8. 2/3 c. = \_\_\_\_\_ T. + \_\_\_\_\_ t.
2. 1 pt. = \_\_\_\_\_ c. 9. 3/4 c. = \_\_\_\_\_ T.
3. 2 c. = \_\_\_\_\_ lb. Butter 10. 2 sticks butter = \_\_\_\_\_ c.
4. 1 c. = \_\_\_\_\_ T. 11. 2 1/4 c. sugar = \_\_\_\_\_ lb.
5. 1/2 c. = \_\_\_\_\_ T. 12. 4 c. = \_\_\_\_\_ lb. Flour
6. 1/3 c. = \_\_\_\_\_ T. + \_\_\_\_\_ tsp. 13. \_\_\_\_\_\_\_\_ tsp. = \_\_\_\_\_\_\_\_\_\_ tbsp.
7. 1/4 c. = \_\_\_\_\_ T. 14. \_\_\_\_\_\_\_\_ tbsp.. = \_\_\_\_\_\_\_\_\_\_ cup

**What are the abbreviations for the following words?**

1. tablespoon \_\_\_\_\_ or \_\_\_\_\_ 8. ounce \_\_\_\_\_
2. teaspoon \_\_\_\_\_ or \_\_\_\_\_ 9. pound \_\_\_\_\_ or \_\_\_\_\_
3. speck \_\_\_\_\_ 10. hour \_\_\_\_\_
4. pint \_\_\_\_\_ 11. minute \_\_\_\_\_
5. quart \_\_\_\_\_ 12. square \_\_\_\_\_
6. gallon \_\_\_\_\_

7. cup \_\_\_\_\_

**What are the degrees in Fahrenheit for the following:**

1. Very hot \_\_\_\_\_\_\_\_\_\_\_\_
2. Hot \_\_\_\_\_\_\_\_\_\_\_\_
3. Moderate \_\_\_\_\_\_\_\_\_\_\_\_
4. Slow \_\_\_\_\_\_\_\_\_\_\_\_
5. Very Slow \_\_\_\_\_\_\_\_\_\_\_\_

**What are the tests for doneness for the following:**

1. Cake \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Pancakes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Bread Dough \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Rice \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Spaghetti \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Baked potatoes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. Baked bread \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. Baked rolls \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. Cookies \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Liquid vs. Dry Ingredients**

How would you measure the following? (Dry measuring cups, liquid measuring cups or measuring spoons?)

1. Flour: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Sugar: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Brown sugar: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Shortening, butter, peanut butter: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Oil: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Baking soda: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Changing a recipe to fit your needs**

Using the chocolate chip recipe given below, change the measurements, so that the recipe is doubled and then change the measurements so the recipe is halved.

**Halved Ingredients Doubled**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2/3 c. shortening \_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2/3 c. butter \_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 1 c. sugar \_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 1 c. brown sugar \_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2 eggs \_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3 c. flour \_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 1 tsp. baking soda \_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 1 tsp. salt \_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 12 oz. chocolate chips \_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ½ c. nuts (optional) \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Instructions: Cream shortening, butter, sugar and brown sugar. Add eggs and mix well. Add dry ingredients and mix in. Add chips and nuts; mix. Drop onto cookie sheet. Bake at 350 degrees for 8-10 minutes.

**Match up the measuring technique**

Match each description on the right with the correct ingredient on the left.

\_\_\_\_\_\_\_\_\_ 1. Vanilla **A.** Spoon into a dry measuring cup and level.

\_\_\_\_\_\_\_\_\_ 2. Flour **B.** Cut on the printed lines of the wrapper if in stick form. Pack into dry measuring cup and level if wrapper does not have measurement lines.

\_\_\_\_\_\_\_\_\_ 3. Brown Sugar **C.** Sift to remove lumps. Spoon lightly into a dry measuring cup and level.

\_\_\_\_\_\_\_\_\_ 4. Margarine **D.** Beat. Measure with a tablespoon.

\_\_\_\_\_\_\_\_\_ 5. Molasses **E.** Smash all lumps. Measure with a measuring spoon and level.

\_\_\_\_\_\_\_\_\_ 6. Granulated Sugar **F.** Hold the measuring spoon over a bowl to catch any that may spill over. Pour into the measuring spoon.

\_\_\_\_\_\_\_\_\_ 7. Milk **G.** Spoon ingredient into a dry measuring cup and firmly pack. Level.

\_\_\_\_\_\_\_\_\_ 8. Shortening  **H.** Pack into a dry measuring cup so no air bubbles remain. Level and remove using a rubber scraper.

\_\_\_\_\_\_\_\_\_ 9. One-half egg  **I.** Set liquid measuring cup on a level surface. Pour in liquid and check measurement at eye level.

\_\_\_\_\_\_\_\_\_ 10. Baking Soda **J.** Sift. Spoon into a dry measuring cup and level the extra amount back into the container or onto a piece of wax paper.

\_\_\_\_\_\_\_\_\_ 11. Confectioner’s Sugar **K.** Pour into a liquid measuring cup that is on a level surface. Bend down and check at eye level. Use a rubber scraper to remove.

 Revised by: Miss Mortensen, 2013