

NAME _____

HOUR _____

Baking Math

Video Worksheet

Equivalents

1. The term "equivalent" means _____.
2. 1 Tablespoon = _____ Teaspoons
3. 1 Cup = _____ Tablespoons
4. 4 Tablespoons = _____ Cup
5. _____ Cups = 1 Pint
6. _____ Pints = 1 Quart
7. _____ Quarts = 1 Gallon

Hand-washing

Before working in the kitchen it is important to wash your hands. What is the three-step procedure to washing your hands?

1. _____
2. _____
3. _____

Measuring

List 3 ingredients you would measure using dry measuring cups.	List 3 ingredients you would measure using a liquid measuring cup.
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____



NAME _____

HOUR _____

Baking Math

Teacher's Key

Equivalents

1. The term "equivalent" means equal to.
2. 1 Tablespoon = 3 Teaspoons
3. 1 Cup = 16 Tablespoons
4. 4 Tablespoons = 1/4 Cup
5. 2 Cups = 1 Pint
6. 2 Pints = 1 Quart
7. 4 Quarts = 1 Gallon

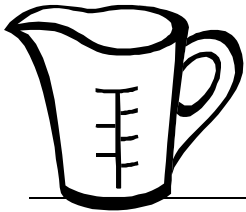
Hand-washing

Before working in the kitchen it is important to wash your hands. What is the three-step procedure to washing your hands?

1. **Use soap and hot water.**
2. **Scrub for 20 seconds.**
3. **Dry with a paper towel and throw the germs away.**

Measuring

List 3 ingredients you would measure using dry measuring cups.	List 3 ingredients you would measure using a liquid measuring cup.
1. flour	1. milk
2. sugar	2. juice
3. rice	3. oil



NAME _____

HOUR _____

How Do You Measure Up?

Measuring:

Standard measuring cups come in what 4 sizes?

Standard measuring spoons come in what 4 sizes?

Measuring spoons are used when measuring less than how much? _____

Abbreviations:

Tablespoon = _____ or _____

Quart = _____

Teaspoon = _____ or _____

Ounce = _____

Cup = _____

Pound = _____

Pint = _____

Gallon = _____

Equivalents:

1 Tablespoon = _____ (t-e-a)spoons

1 cup = _____ Ounces

1 cup = _____ Tablespoons

1/2 cup = _____ Ounces

1/4 cup = _____ Tablespoons

1/4 Cup = _____ Ounces

1/2 cup = _____ Tablespoons

3/4 Cup = _____ Ounces

3/4 cup = _____ Tablespoons

2 Tablespoons = _____ Ounces

1/8 cup = _____ Tablespoons

1/4 cup = _____ teaspoon

1/2 cup = _____ teaspoons

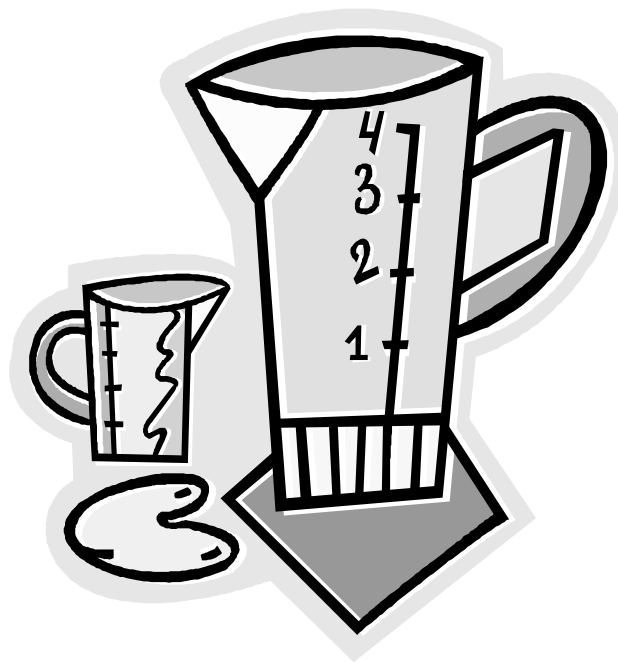
1 cup = _____ teaspoons

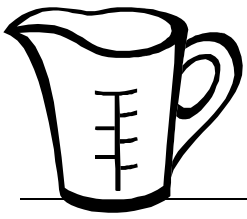


Altering a Recipe:

Choose a recipe from home, or one from class in which you need to measure at least six different ingredients. Record the recipe below. Alter it to make one half of the original and then double. Use correct abbreviations.

Original Recipe	1/2 Recipe	Double Recipe





Teacher's Key

How Do You Measure Up?

Measuring:

Standard measuring cups come in what 4 sizes?

1/4 1/3 1/2 1

Standard measuring spoons come in what 4 sizes?

1/4 1/2 1 tsp 1 tbsp

Measuring spoons are used when measuring less than how much? 1/4 cup

Abbreviations:

Tablespoon = tbsp or T Quart = qt

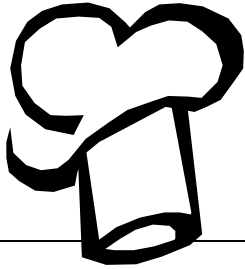
Teaspoon = tsp or t Ounce = oz

Cup = c Pound = lb

Pint = pt Gallon = gal

Equivalents:

1 Tablespoon = <u>3</u> (t-e-a)spoons	1 cup = <u>8</u> Ounces
1 cup = <u>16</u> Tablespoons	1/2 cup = <u>4</u> Ounces
1/4 cup = <u>4</u> Tablespoons	1/4 Cup = <u>2</u> Ounces
1/2 cup = <u>8</u> Tablespoons	3/4 Cup = <u>6</u> Ounces
3/4 cup = <u>12</u> Tablespoons	2 Tablespoons = <u>1</u> Ounces
1/8 cup = <u>2</u> Tablespoons	1/4 cup = <u>12</u> teaspoon
1/2 cup = <u>24</u> teaspoons	1 cup = <u>48</u> teaspoons



NAME _____

HOUR _____

Getting Ready to Cook

When preparing food, the first step is to read the recipe. Read the Awesome Oatmeal Cookies recipe thoroughly and then answer the following questions:

1. To what temperature should you preheat the oven?
2. Which ingredients are creamed together until light and fluffy?
3. Which ingredients are considered dry ingredients?
4. Which are added first, the eggs and vanilla or the flour?
5. How are the cookies shaped?
6. How long do you bake the cookies?
7. What other clues are given to help tell when they are done?
8. Why are cookies cooled before they are stored?



Reading a Recipe



Read the following recipe for oatmeal cookies.

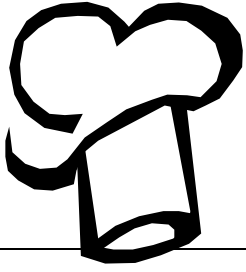
- Rewrite the recipe to double it (using correct abbreviations).
- List the equipment needed to make the recipe.

AWESOME OATMEAL COOKIES

Ingredients	Double Recipe	Equipment List
1 1/4 cups all-purpose flour		
1 teaspoon baking powder		
1/2 teaspoon salt		
1 cup butter, softened		
1/2 cup brown sugar, packed		
1/2 cup granulated sugar		
1 large egg		
2 teaspoons vanilla extract		
2 1/2 cups rolled oats		
3/4 cup raisins		
3/4 cup chocolate chips		

Recipe Directions:

1. Preheat the oven to 375 degrees F. Lightly grease two baking sheets.
2. Cream butter and sugars together until light and fluffy, using an electric mixer set on medium-high speed.
3. Add the egg and mix until combined. Stir in the vanilla extract.
4. Stir together the dry ingredients (flour, baking powder, and salt) in a separate bowl. With the mixer set on a low speed or using a wooden spoon, gradually add the dry ingredients to creamy mixture until combined. Stir in rolled oats.
5. Divide the batter in half. Stir the raisins into one half and the chocolate chips into the other.
6. Drop the dough by rounded tablespoonfuls onto the baking sheets (leave about 3 inches between each one for spreading). Flatten each cookie slightly with the back of the spoon.
7. Bake 1 or 2 baking sheets at a time for 10 to 13 minutes (check for doneness after 10 minutes). The cookies are done when they are lightly browned around the edges.
8. Remove the baking sheets to a wire rack and let the cookies cool for about 2 minutes. Using a metal spatula, remove the cookies to wire racks to cool completely. Store in an airtight container.



Teacher's Key

Getting Ready to Cook

When preparing food, the first step is to read the recipe. Read the Awesome Oatmeal Cookies recipe thoroughly and then answer the following questions:

1. To what temperature should you preheat the oven?

375 degrees F.

2. Which ingredients are creamed together until light and fluffy?

butter and sugars

3. Which ingredients are considered dry ingredients?

flour, soda and salt

4. Which are added first, the eggs and vanilla or the flour?

egg and vanilla

5. How are the cookies shaped?

They are dropped by rounded tablespoonfuls.

6. How long do you bake the cookies?

10-13 minutes

7. What other clues are given to help tell when they are done?

Light browned around edges.

8. Why are cookies cooled before they are stored?

So they do not stick together.

Reading a Recipe



Read the following recipe for oatmeal cookies.

- Rewrite the recipe to double it (using correct abbreviations).
- List the equipment needed to make the recipe.

AWESOME OATMEAL COOKIES

Ingredients	Double Recipe	Equipment List
1 1/4 cups all-purpose flour	2 1/2 c. all-purpose flour	2 baking sheets
1 teaspoon baking powder	2 tsp. baking powder	Electric mixer
1/2 teaspoon salt	1 tsp. salt	2 mixing bowls
1 cup butter, softened	2 c. butter, softened	Measuring cups
1/2 cup brown sugar, packed	1 c. brown sugar, packed	Measuring spoons
1/2 cup granulated sugar	1 c. granulated sugar	Rubber spatula
1 large egg	2 eggs	Wooden spoon
2 teaspoons vanilla extract	4 tsp. vanilla extract	Tablespoon
2 1/2 cups rolled oats	5 c. rolled oats	Metal spatula
3/4 cup raisins	1 1/2 c. raisins	Cooling rack
3/4 cup chocolate chips	1 1/2 c. chocolate chips	Airtight container

Recipe Directions:

1. Preheat the oven to 375 degrees F. Lightly grease two baking sheets.
2. Cream butter and sugars together until light and fluffy, using an electric mixer set on medium-high speed.
3. Add the egg and mix until combined. Stir in the vanilla extract.
4. Stir together the dry ingredients (flour, baking powder, and salt) in a separate bowl. With the mixer set on a low speed or using a wooden spoon, gradually add the dry ingredients to creamy mixture until combined. Stir in rolled oats.
5. Divide the batter in half. Stir the raisins into one half and the chocolate chips into the other.
6. Drop the dough by rounded tablespoonfuls onto the baking sheets (leave about 3 inches between each one for spreading). Flatten each cookie slightly with the back of the spoon.
7. Bake 1 or 2 baking sheets at a time for 10 to 13 minutes (check for doneness after 10 minutes). The cookies are done when they are lightly browned around the edges.
8. Remove the baking sheets to a wire rack and let the cookies cool for about 2 minutes. Using a metal spatula, remove the cookies to wire racks to cool completely. Store in an airtight container.

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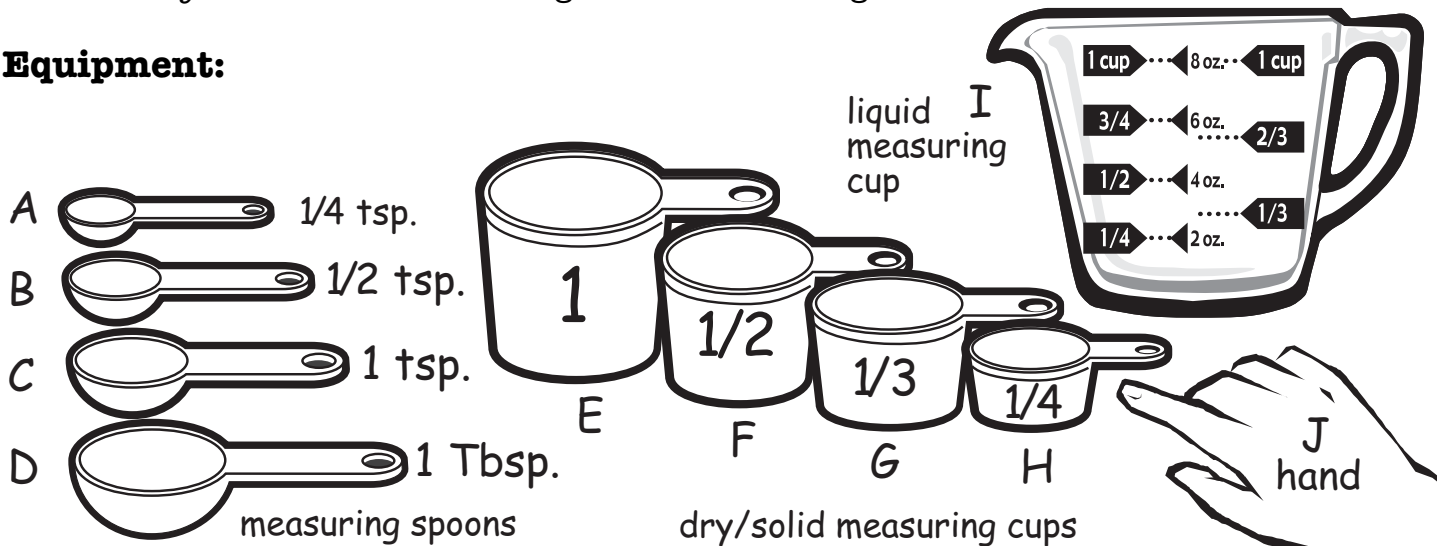
HOUR _____

Measuring Match-Up

Directions:

- Determine the best way to measure each of the following ingredients.
- Identify the correct measuring equipment to use in the left column.
- Identify the correct measuring method in the right column.

Equipment:



Methods:

- K. Dip in. Level off.
- L. Spoon in lightly, level off.
- M. Pack firmly, level off.
- N. Pour, view at eye level.

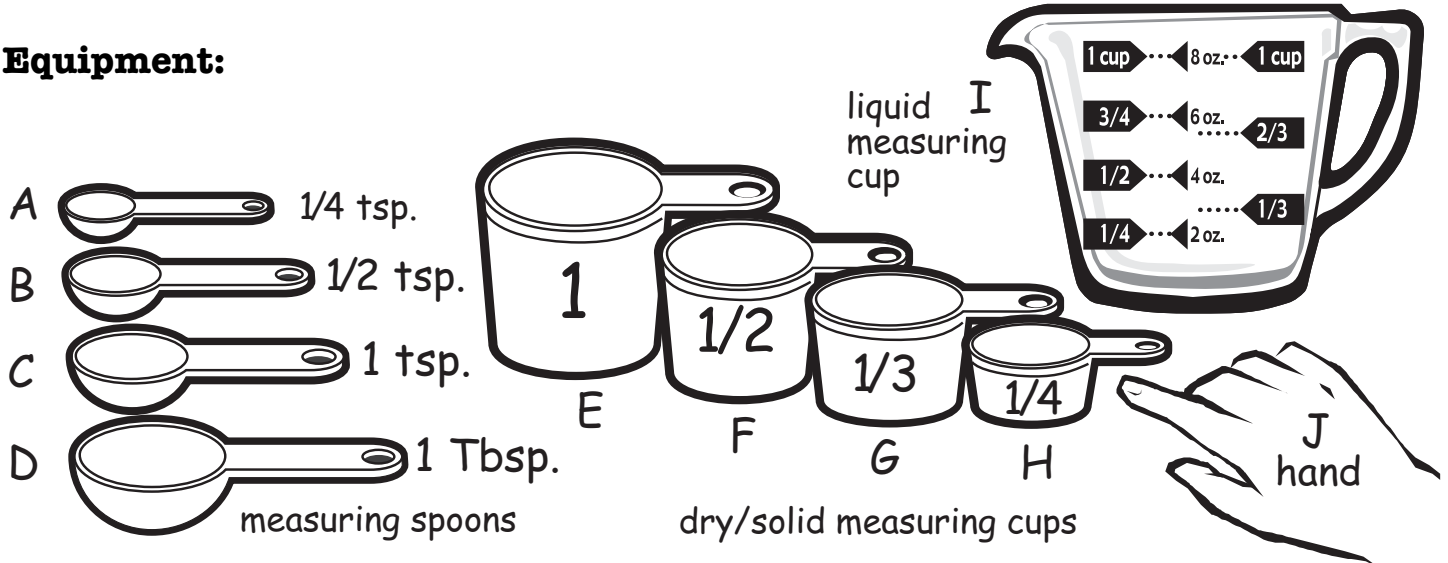
Measuring Equipment	Ingredients	Measuring Method
	3/4 cup milk	
	1 cup brown sugar	
	1/2 cup flour	
	1 teaspoon vanilla	
	1/4 cup oil	
	1 cup granulated sugar	
	2/3 cups oatmeal	
	1/4 cup peanut butter	
	1 tablespoon baking soda	
	1/3 cup shortening	
	pinch of salt	
	1/4 teaspoon cinnamon	

Measuring Match-Up

Directions:

- Determine the best way to measure each of the following ingredients.
- Identify the correct measuring equipment to use in the left column.
- Identify the correct measuring method in the right column.

Equipment:



Methods:

- K. Dip in. Level off.
- L. Spoon in lightly, level off.
- M. Pack firmly, level off.
- N. Pour, view at eye level.

Measuring Equipment	Ingredients	Measuring Method
I.	3/4 cup milk	N.
E.	1 cup brown sugar	M.
F.	1/2 cup flour	L.
C.	1 teaspoon vanilla	N.
I.	1/4 cup oil	N.
E.	1 cup granulated sugar	K.
G. (twice)	2/3 cups oatmeal	L.
H.	1/4 cup peanut butter	M.
D.	1 tablespoon baking soda	K.
G.	1/3 cup shortening	M.
J.	pinch of salt	(pinch in fingers)
A.	1/4 teaspoon cinnamon	K.



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Home Cooking Project

Directions: Select a recipe you can prepare by yourself (NO BOX MIXES!). Your recipe must require that you measure at least three ingredients. Read the recipe thoroughly, gather your equipment and ingredients, prepare the product, clean up the kitchen and have at least one family member (parent) grade you. Write out your recipe completely here:

Name of recipe: _____

Ingredients you had to measure:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Use the back of this sheet to complete the recipe with directions for preparation.

Scoring Key: 3 = Excellent 2= Average 1= Needs Improvement

Grading Criteria:	Parent Score:			Student Score:		
	3	2	1	3	2	1
Accurate Measurement	3	2	1	3	2	1
Following Directions	3	2	1	3	2	1
Safety & Sanitation	3	2	1	3	2	1
Organization	3	2	1	3	2	1
Taste	3	2	1	3	2	1
Clean-up	3	2	1	3	2	1

Written comments by parent: _____

Student Comments/What I learned: _____

