

# Kitchen Math, Measurements, & Equipment

Food Management Principles - Unit 3

# Warm- up

## Build a recipe

- ▶ Think up a name for a recipe.
- ▶ What is the yield? How many people will it serve?
- ▶ Name each ingredient.
- ▶ Write the steps in the order that you would prepare them.
- ▶ Number each step. How many steps are there?
- ▶ What special equipment is needed?

# What's an Abbreviation?

- ▶ *Understanding the language of recipes takes the guesswork out of cooking.*
- ▶ **Abbreviation** - *The shortened form of a word.*
- ▶ Abbreviations in measuring units:
  - Save space on the cookbook page.
  - Make recipes easier to read.

# POP QUIZ

- ▶ What do these stand for?
  - ▶ lb.
  - ▶ L
  - ▶ tsp. or t.
  - ▶ ° F.
  - ▶ qt.
  - ▶ fl. oz.

# Name the Abbreviations

▶ The U.S. uses the English system:

- ▶ Teaspoon                      tsp. or t.
- ▶ Tablespoon                Tbsp. or T.
- ▶ Cup                            c.
- ▶ Pint                            pt.
- ▶ Quart                        qt.
- ▶ Gallon                        gal.
- ▶ Ounce/fluid ounce        oz./ fl. oz.
- ▶ Pound                        lb.



# Name the Abbreviations

▶ Most other countries use the **Metric** system:

▶ Milliliter                      **ml**

▶ Liter                              **L**

▶ Grams                            **g**

▶ Kilogram                        **kg**

# Name the Abbreviations

- ▶ More common abbreviations:

- ▶ Few grains, dash, pinch

f.g.

- ▶ Dozen

doz.

- ▶ Pound

lb.

- ▶ Inch

in.

- ▶ Second

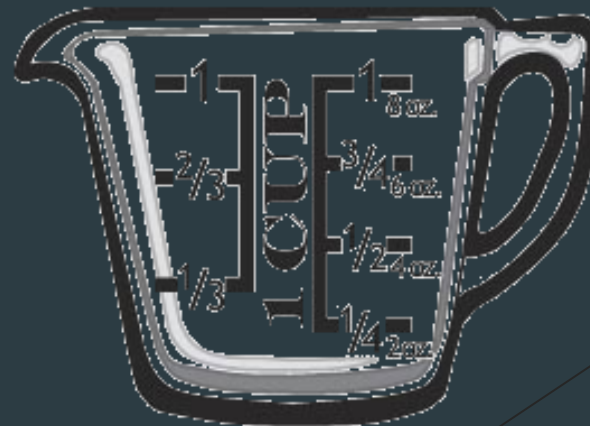
sec.

- ▶ Minute

min.

# Name That Utensil

- ▶ Measuring spoons & cups vary in size. Standard measuring utensils include these sizes. You can get smaller sized spoons ( $1/8$  tsp) and larger liquid cups (2, 5, or larger cups).



Can you name them?



# Basic Equivalents

▶ Equivalents are amounts that are equal to each other.

▶ They are useful when you must alter or change a recipe to serve more or less people than the recipe yields.

▶ Dry/Liquid equivalents:

▶ Pinch or Dash = less than 1/8 teaspoon

▶ 1 Tablespoon = 3 teaspoons

▶ 1/4 cup = 4 Tablespoons

▶ 1/3 cup = 5 Tablespoons & 1 teaspoon

▶ 1/2 cup = 8 Tablespoons

▶ 3/4 cup = 12 Tablespoons

▶ 1 cup = 16 Tablespoons

# Basic Equivalents

► To help you remember:

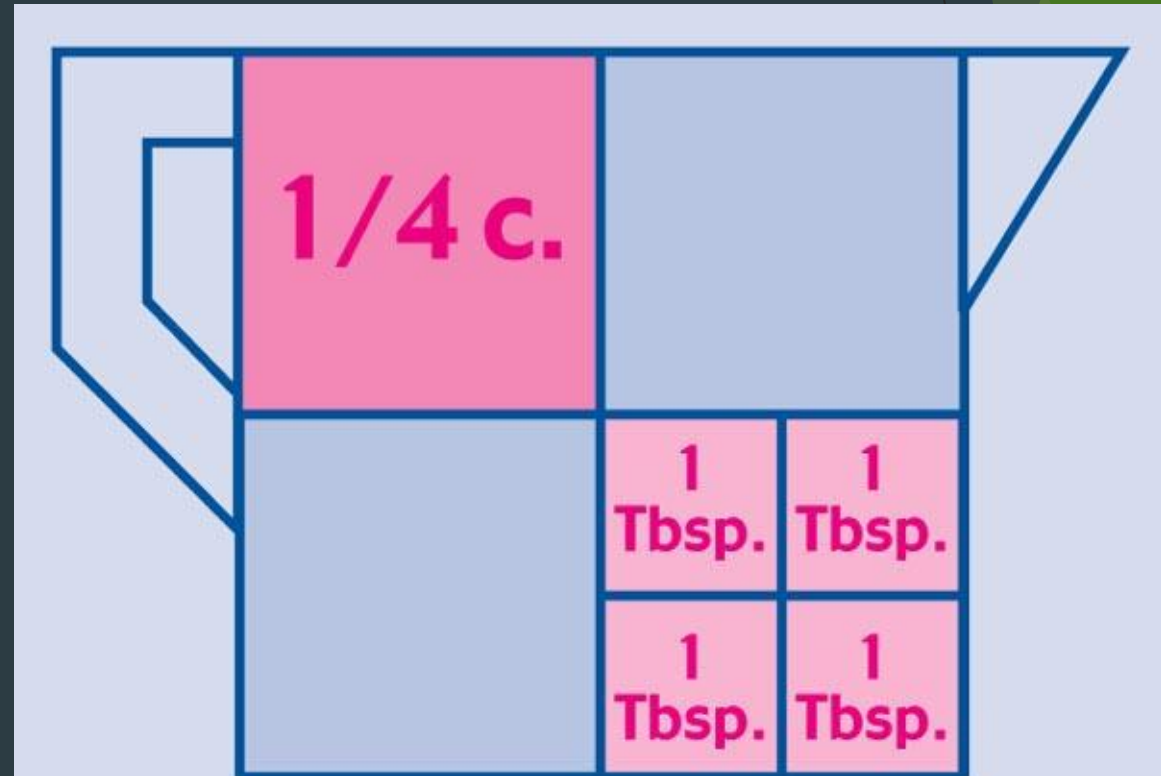
*1 Tablespoon = 3 t e a spoons*

*There are 3 letters in the word tea and 3 teaspoons in 1 tablespoon.*

*$1/\underline{4}$  c. =  $\underline{4}$  Tbsp.*

*Both have the #4.*

*So how many tsp.  
are in  $1/4$  cup?*



# More Basic Equivalents

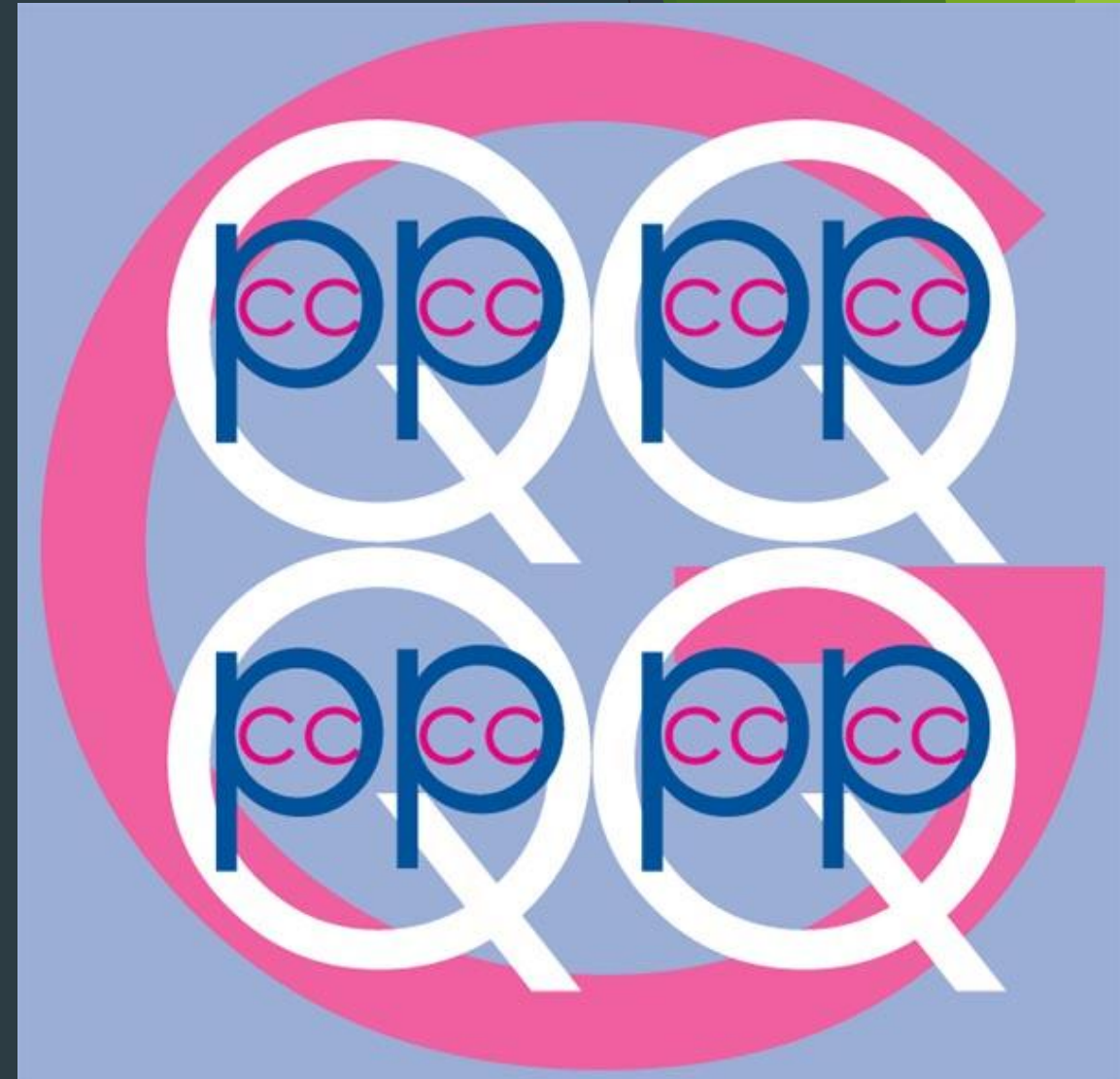
- ▶ 1 fluid ounce = 2 Tablespoons
- ▶ 8 ounces = 1 cup
- ▶ 16 ounces = 1 pound
- ▶ 1 pint = 2 cups
- ▶ 1 quart = 2 pints = 4 cups
- ▶ 1 gallon = 4 quarts = 8 pints = 16 cups



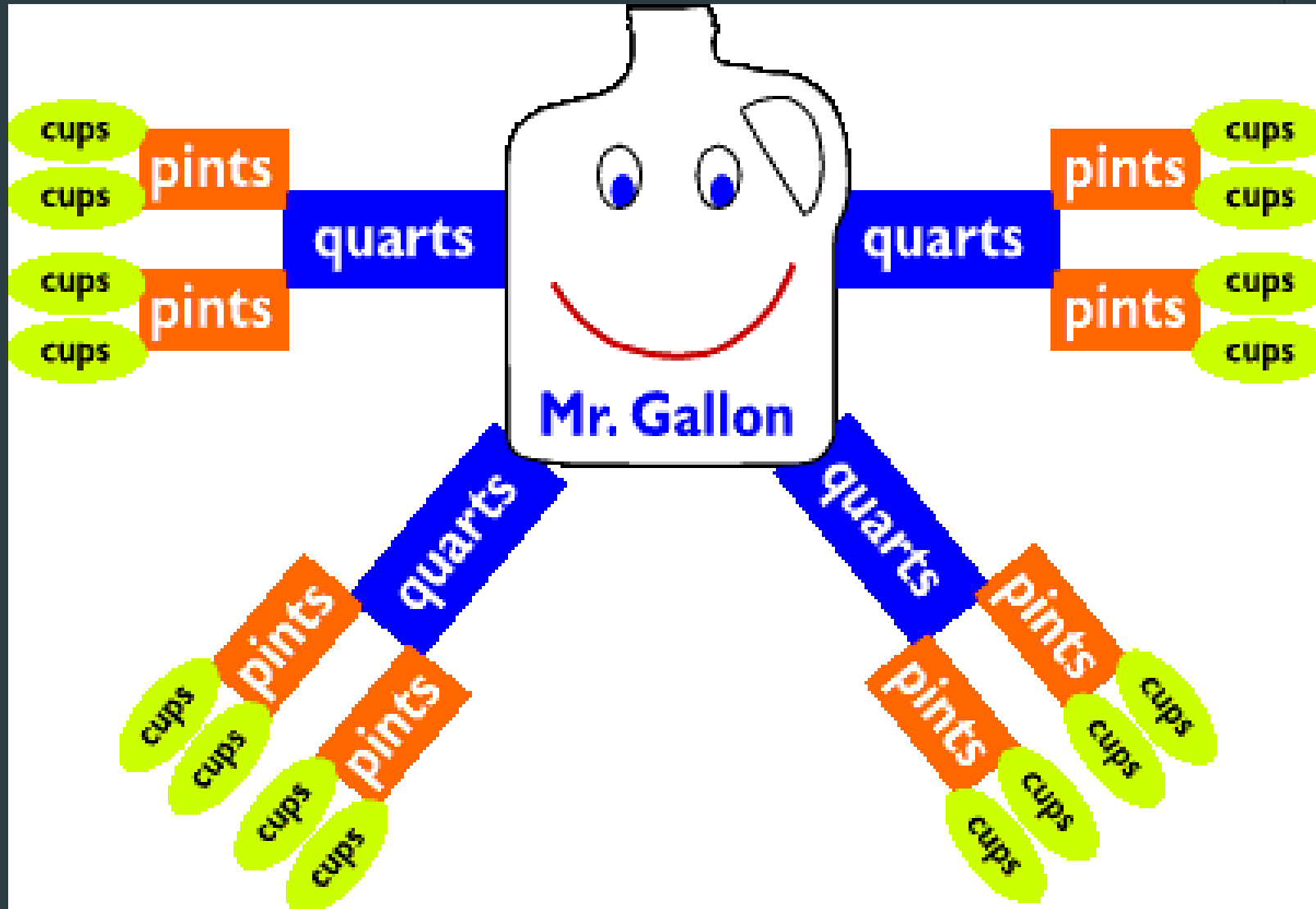
# Basic Liquid Equivalents

To help you remember liquids:

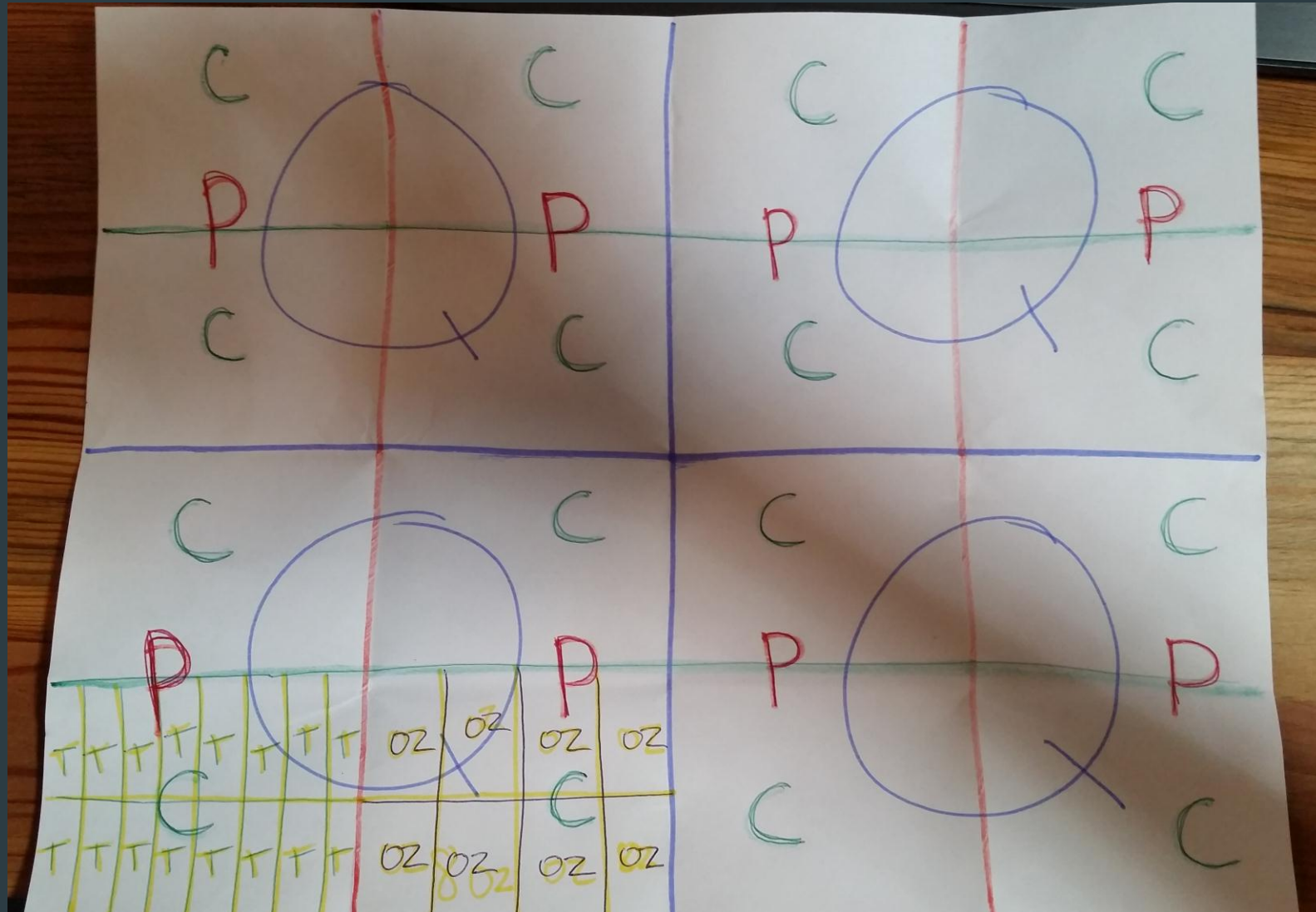
- ▶ 2 c. = 1 pt.
- ▶ 2 pt. = 1 qt.
- ▶ 4 qt. = 1 gal.



# Gallon Guy



# Make this: Conversions Foldable



# Equivalents at the Store

- ▶ At the store, many foods are sold by the pint or by the quart. Many recipes will ask you to measure those foods by the cup.
- ▶ Here is a helpful guide:
  - ▶ 1 cup = 1/2 pint
  - ▶ 2 cups = 1 pint
  - ▶ 4 cups = 2 pints
  - ▶ 4 cups = 1 quart
  - ▶ 4 quarts = 1 gallon



# Equivalents at the Store Quiz

- ▶ Answer the following questions with one of these amounts:

**1/2 pint      1 pint      1 quart**

- ▶ **What size container will you buy if. . .**

1. A recipe for salad calls for 2 cups of cottage cheese.?

▶ **1 pint**

2. A recipe for a fruit dessert calls for 1 cup of whipping cream?

▶ **1/2 pint**

3. You need 4 cups of milk for a pudding?

▶ **2- 1 pints**

4. You need 2 cups of sour cream to make a dip?

▶ **1 pint**

5. A recipe for fruit salad says to mix 8 ounces of yogurt with fruit?

▶ **1/2 pint**



# Equivalents at the Store

- ▶ Now that you know how many cups make up  $\frac{1}{2}$  pint, 1 pint, and 1 quart, try to figure out how many ounces are in these amounts:

- ▶ 1 cup = 8 oz.
- ▶  $\frac{1}{2}$  pint = 8 oz.
- ▶ 1 pint = 16 oz.
- ▶ 1 quart = 32 oz.
- ▶ 1 gallon = 128 oz.

Milliliter (ml)    Teaspoon (tsp)    Tablespoon (T)    Ounces (oz)    Cup ( C )    Pint    Quart    Gallon    Peck    Bushel



1/32 tsp (smidgen)  
 1/16 tsp (pinch)  
 1/8 tsp (dash)



3/4 tsp = 1/4 T  
 1 tsp = 1/3 T

5 ml								
15 ml	=	3 tsp	=	1 T	=	.5 oz	=	1/16 C
30 ml	=	6 tsp	=	2 T	=	1 oz	=	1/8 C
59 ml	=	12 tsp	=	4 T	=	2 oz	=	1/4 C
79 ml	=	16 tsp	=	5 T	=	3 oz	=	1/3 C
118 ml	=	24 tsp	=	8 T	=	4 oz	=	1/2 C
158 ml	=	32 tsp	=	11 T	=	5 oz	=	2/3 C
177 ml	=	36 tsp	=	12 T	=	6 oz	=	3/4 C
237 ml	=	48 tsp	=	16 T	=	8 oz	=	1 C



16 oz	=	2 C	=	1 pint				
	=	4 C	=	2 pints	=	1 qt		
		16 C	=	8 pints	=	4 qt	=	1 gal = 1/2 peck
						8 qt	=	2 gal = 1 peck
								8 gal = 4 pecks = 1 bushel



# Kitchen Conversions Bingo Game

- ▶ Clear your tables
- ▶ You may use your Conversions Foldable for help

## Rules for Bingo

### LINES BINGO

Must make a horizontal, diagonal OR vertical line to get a BINGO

If you get a BINGO, raise your hand and say BINGO. Mrs. Scherr will check your answers. Winners get a prize!

