



Orientation

Measuring Ingredients

Preparing ingredients can be tricky for someone who is not familiar with measuring techniques. Choosing the correct measuring equipment depending on ingredient type and amount is the first step in making accurate measurements. It's a good idea to review these basics with participants.

| Utensil | Plastic Dry Measuring Cups | Glass Measuring Cup | Measuring Spoon |
|-----------|---|--|---|
| Use | Dry ingredients (flour, sugar) Semi-solid ingredients (margarine, hummus etc.) | Liquid ingredients (water, milk, etc.) | All types of ingredients, but in small quantities |
| Technique | Select the appropriate sized measuring cup. Fill the cup until it is heaping full and for dry ingredients level the top with a straight edge (e.g., flat side of a table knife) For semi-solid ingredients, pack with a spoon and level the top | Place cup on flat surface. Bend down to read the gradations on the measuring cup as you pour the liquid. Pour the liquid to the amount required. | Select the proper size of measuring spoon. For solid Ingredients scoop heaping amount on to the spoon and level off top. For liquid ingredients pour amount into proper sized spoon |

Let's Get Cookin'!