

Key

Chart 2 Measuring Equivalents

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Directions: For each ingredient listed below, students will cut the amount in *half* and *double* the amounts in the appropriate column; accompany with the proper measuring abbreviation. Students may refer to the *Conversion Table (Student Edition, p. vi)* for the most accurate measuring amounts.

Name _____ Period _____ Kitchen Unit _____

Ingredient	HALF	Amount	DOUBLE
salt	pinch	1/8 teaspoon	1/4 t
pepper	pinch	1/4 teaspoon	1/2 t
vanilla	1/4 t	1/2 teaspoon	1 t
baking soda	1/2 t	1 teaspoon	2 t
baking powder	1/2 t (+) 1/4 t	1 1/2 teaspoons	1 T
honey	1 1/2 t	1 tablespoon	2 T
soy sauce	1 T	2 tablespoons	1/4 C
bread crumbs	2 T	4 tablespoons (1/4 cup)	1/2 C
peanut butter	1/4 C	8 tablespoons (1/2 cup)	1 C
cornmeal	2 T	1/4 cup	1/2 C
quick-cooking oats	2 T (+) 2 t	1/3 cup	1/3 C + 1/3 C
brown sugar	1/4 C	1/2 cup	1 C
shortening	1/3 C	2/3 cup	1 1/3 C
powdered sugar	1/4 C (+) 2 T	3/4 cup	1 1/2 C
flour	1/2 C	1 cup	2 C
granulated sugar	1/2 C (+) 1/4 C	1 1/2 cups	3 C
milk	1 C	2 cups (1 pint)	4 C OR 1 qt
water	2 C	4 cups (1 quart)	2 qt OR 1/2 gal
butter	1 T	2 tablespoons	1/4 C
margarine	2 T	4 tablespoons (1/2 stick)	1/2 C