

MEASURING INFORMATION

To prepare foods correctly, you must recognize common abbreviations and equivalent measures used in recipes. In addition, you must understand how to use various measuring utensils to correctly measure different ingredients.

COMMON ABBREVIATIONS

T or Tbsp	tablespoon
t or tsp	teaspoon
c	cup
oz	ounce
pt	pint
qt	quart
gal	gallon
lb	pound

EQUIVALENT MEASURES

3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
16 tablespoons	1 cup
2 cups	1 pint
2 pints	1 quart
4 quarts	1 gallon
1 pound	16 ounces

USING MEASURING UTENSILS

Liquid measuring cups are used to measure any liquids such as water, syrup, milk, oil, juice, and sauces. They are made of glass or clear plastic with marks on the side showing specific amounts.

On a liquid measuring cup, the amounts are usually marked off in both 1/4 cup measurements and 1/3 cup measurements. (Some cups may contain metric measurements.)

The 1/4 cup measurements are usually marked on one side, and the 1/3 cup measurements are marked on the other side.

To determine the needed measurement, count up from the bottom until you locate the correct amount.

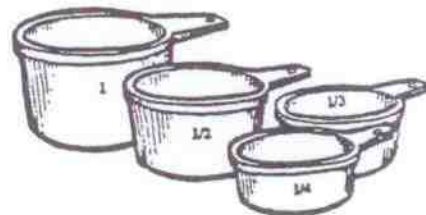
Examples: $2/3$ cup = $1/3 + 1/3$
 $3/4$ cup = $1/4 + 1/4 + 1/4$
 $1 \frac{1}{3}$ cup = $1/3 + 1/3 + 1/3 + 1/3$
 (Also remember that $2/4$ cup = $1/2$ cup)



Dry measuring cups are used to measure dry ingredients such as flour, granulated sugar, cereal, and meal. They are also used to measure solid and moist ingredients such as shortening, butter, peanut butter, and brown sugar.

Dry measuring cups usually come in four sizes: 1/4 cup, 1/3 cup, 1/2 cup, and 1 cup.

To measure a dry, solid, or moist ingredient, pick the correct size of cup for the needed amount. If necessary, use two or more cups for the measurement.



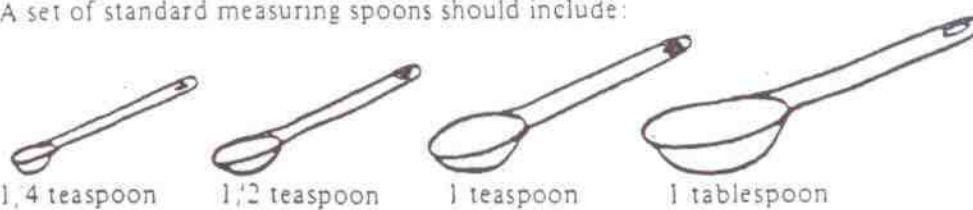
Measuring spoons are used to measure liquid, dry, solid, and moist ingredients.

Measuring spoons usually come in four sizes: 1 tablespoon, 1 teaspoon, 1/2 teaspoon, and 1/4 teaspoon.



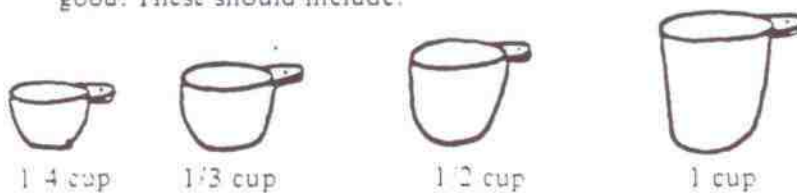
Measuring Spoons

A set of standard measuring spoons should include:

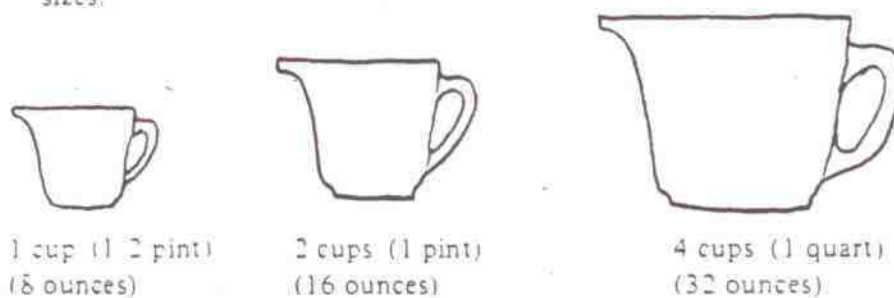


Measuring Cups

1. For dry measures, a nest of graduated measuring cups is especially good. These should include:



2. For liquids, a glass measuring cup marked off in quarters and thirds is convenient and easy to read. This can be in one of the following sizes:



Equivalent Measures

Sometimes a recipe calls for tablespoons instead of cups. Or it may call for ounces of liquid or shortening instead of cups. This table of equivalent measures may help you.

3	teaspoons (tsp.)	=	1	tablespoon (tbsp.)
4	tablespoons	=	1/4	cup
5 1/2	tablespoons	=	1/3	cup
16	tablespoons	=	1	cup

For liquids:	1	cup	=	8	ounces
	2	cups	=	1	pint or 16 ounces
	4	cups	=	1	quart or 32 ounces

For weight: 16 ounces = 1 pound