

# LESSON

# 3

# WEIGHING AND MEASURING INGREDIENTS



## Activity 3.1: Identification of measuring tools

Study the pictures below and identify the correct measuring tools. Shade the appropriate box.



measuring spoons

☐


peeler

☐


tablespoon (Tbsp)

☐


frypan

☐


measuring jug

☐


rolling pin

☐


teaspoon (Tsp)

☐


kitchen scale

☐


electronic scale

☐



### Activity 3.2: Identification of solid and liquid ingredients

Classify the foods given below in the appropriate column.

*Rice - Milk - Oil - Sugar - Salt - Water - Flour*

**Solid ingredients**

**Liquid ingredients**

**Level spoon**



*Use a knife to even off the top to obtain a level tablespoon or teaspoon.*

**A heaped spoon**



*Some recipes call for heaped or level spoons, so it is wise to know how to measure accordingly.*



### Activity 3.3: Groupwork - Using the measuring spoons

Complete the following table by putting a tick (✓) in the appropriate column.

No.	Measurement of ingredients	Completed	Not completed
1	$\frac{1}{2}$ teaspoon (tsp) of salt		
2	1 heaped tablespoon (Tbsp) of sugar		
3	1 tablespoon (Tbsp) of water		
4	1 teaspoon (tsp) of oil/vanilla		
5	2 level tablespoons (Tbsp) of flour		

## Measuring solid ingredients



Fig.3.1: Kitchen scale



Fig.3.2: Electronic kitchen scale



### Activity 3.4: Using a kitchen scale or an electronic scale

Complete the following table by putting a tick (✓) in the appropriate column.

No.	Measurement of flour	Completed	Not completed
1	250 g of flour		
2	125 g of flour		
3	100 g of flour		
4	50 g of flour		
5	125 g of flour		

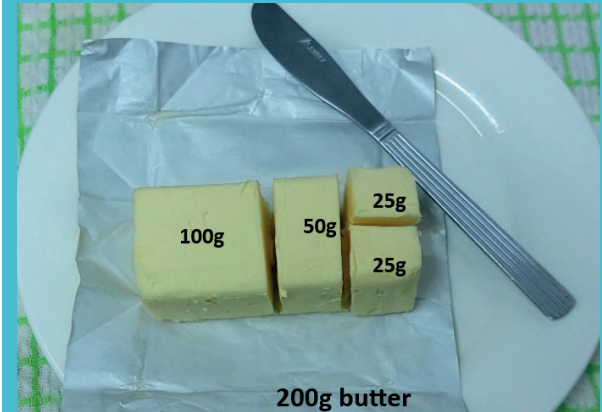
## Measuring butter

There are various ways to measure butter in food preparation such as by dividing, cutting into pieces and by using a kitchen scale.



Check the butter wrapper for measurements. Some butter wrappers have printed measurements as in the picture. These help to measure out the butter for recipes.

*Measuring butter by dividing and cutting into pieces.*



You can also cut the block of 200g butter into half then in pieces as shown in the picture above.

*Measuring butter using a kitchen scale or an electronic kitchen scale.*



Use a greaseproof paper on the kitchen scale or electronic kitchen scale and transfer the butter onto it.



Scoop the butter using a spoon and transfer to the bowl using another spoon.

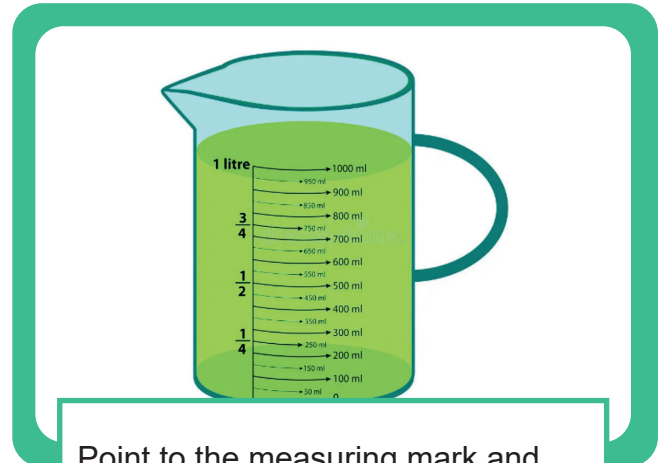
## Measuring liquid ingredients

A measuring jug is used to measure liquids. Liquids are usually measured in millilitres (ml). Some measuring jugs have both millilitres (ml) and litres (L) measurement.

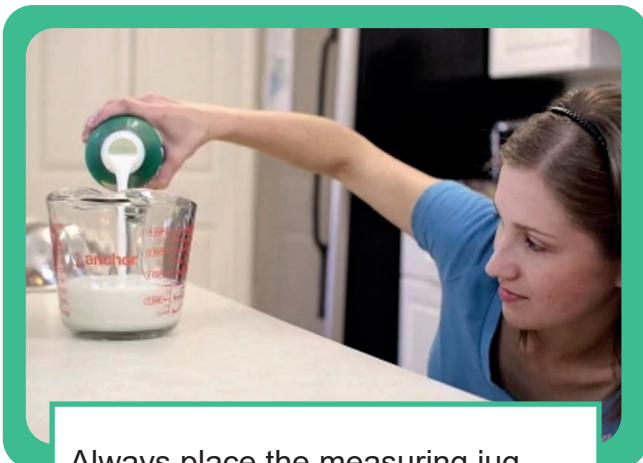
### Points to consider when reading the amount of liquid



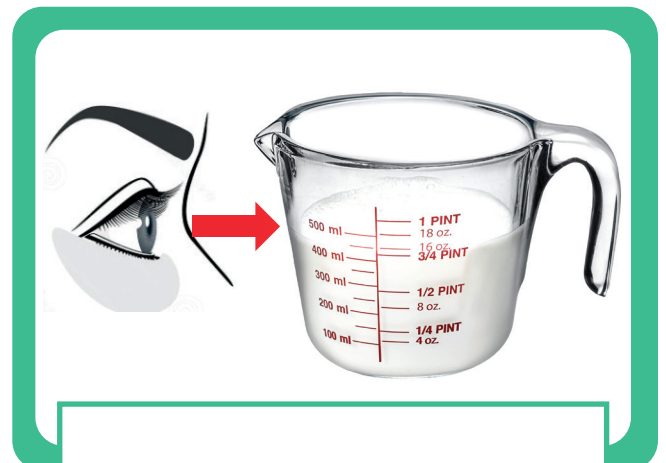
Do not hold the measuring cup in your hand and try to raise it to eye level. This will give you a wrong reading.



Point to the measuring mark and pour the amount of liquid needed. Do not look inside the jug to read the measurement.



Always place the measuring jug on a flat surface and bend down so that your eye is level with the amount of liquid you require.



Eye level



### Activity 3.5: Using the measuring jug

Complete the following table by putting a tick (✓) in the appropriate column.

No.	Measurement of water	Completed	Not completed
1	500 ml		
2	250 ml		
3	200 ml		
4	50 ml		
5	25 ml		
6	15 ml		
7	10 ml		
8	5 ml		





### Activity 3.6: Measuring equipment

Write the name of the measuring equipment you will use to weigh and measure the following ingredients.

No.	Ingredients	Measuring equipment
1	1 tsp salt	
2	100 g sugar	
3	$\frac{1}{2}$ tsp vanilla essence	
4	250 ml milk	
5	2 Tbsp oil	
6	150 g butter	
7	450 g flour	