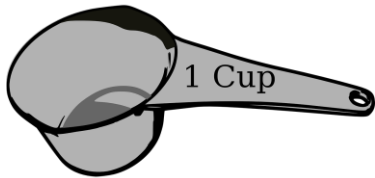


Activity:

- Gather the following items: dry measuring cups, liquid measuring cup, measuring spoons, flour, brown sugar, and milk
- Practice measuring dry ingredients
 - Spoon flour into $\frac{1}{2}$ cup dry measuring cup, level out with flat edge
 - Spoon brown sugar into $\frac{1}{3}$ cup dry measuring cup, pack down the top into measuring cup
 - Spoon flour into 1 tablespoon of a measuring spoon
- Practice measuring liquid ingredients
 - Set liquid measuring cup on flat surface and bend down to eye level, pour milk in measuring cup until milk is level with the 1 cup line

Measuring



A. Dry Measuring Cups



B. Measuring Spoons



C. Liquid Measuring Cup

Which would you use to measure each of the following foods?

1.



Salt

2.



Olive Oil

3.



Blueberries

4.



Flour

5.



Cinnamon Powder

6.



Milk

Answers to Measuring Handout

1. B
2. C
3. A
4. A
5. B
6. C

Practice measuring dry and liquid ingredients by following along with these recipe videos and others on our website:

- [Learning How to Measure Ingredients](#)
- [Applesauce Oatmeal Muffins with Blueberries](#)
- [Easy & Fluffy Blueberry Pancakes](#)
- [Banana Tree Stumps](#)
- [Egg Cups](#)
- [Yellow Rice](#)