

# 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

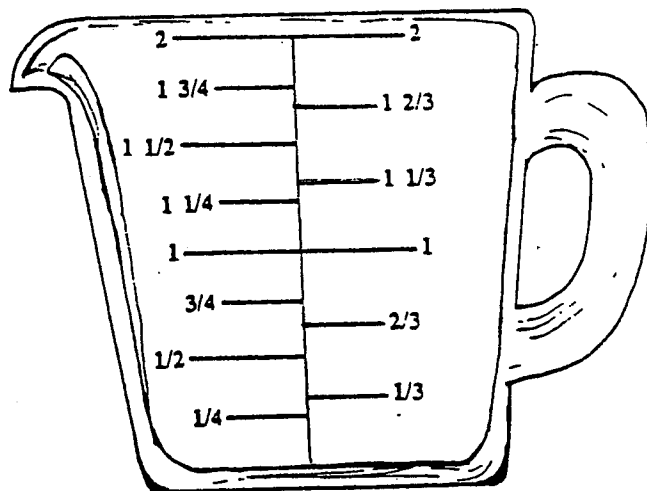
Liquid measuring cups are used to measure any liquids such as water, syrup, milk, oil, juice, and sauces. They are made of glass or clear plastic with marks on the side showing specific amounts.

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.

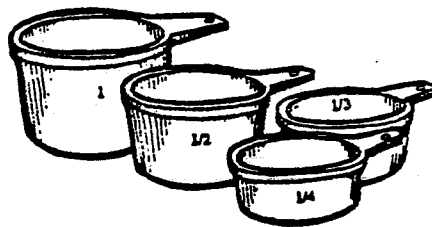
Examples:  $2/3 \text{ cup} = 1/3 + 1/3$   
 $3/4 \text{ cup} = 1/4 + 1/4 + 1/4$   
 $1 \text{ } 1/3 \text{ cup} = 1/3 + 1/3 + 1/3 + 1/3$   
 (Also remember that  $2/4 \text{ cup} = 1/2 \text{ cup}$ )



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.

