

ABBREVIATIONS AND MEASUREMENTS

Abbreviations

Teaspoon	equals	t. or tsp.	Minute	equals	min.
Tablespoon	equals	T. or tbsp.	Hour	equals	hr., hrs.
Cup	equals	c. or C.	Square	equals	sq.
Pint	equals	pt., pts.	Baking powder	equals	B.P.
Quart	equals	qt., qts.	Few grains	equals	f.g.
Gallon	equals	gal.	Fahrenheit	equals	F.
Pound	equals	lb., lbs.	Degrees	equals	o
Ounces	equals	oz.	Inch	equals	in.
Gram	equals	gm.	Package	equals	pkg.
Milligram	equals	mg.			

Weights and Measurements

Dash	equals	LESS than 1/8 t.	2 c.	equals	1 pt.
Pinch	equals	LESS than 1/8 t.	4 c.	equals	1 qt.
3 tsp.	equals	1 T.	2 pts.	equals	1 qt.
4 T.	equals	1/4 c.	4 qts.	equals	1 gal.
8 T.	equals	1/2 c.	16 ozs.	equals	1 lb.
16 T.	equals	1 c.	2 T.	equals	1 oz. (liquid)
12 T.	equals	3/4 c.			
5 T. + 1 tsp.	equals	1/3 c.			
6 T.	equals	3/8 c.			

Subject: _____

Name: _____

Period: _____

Date: _____

Abbreviations in a Recipe

Read this recipe. Circle all the measurements that have abbreviations. (There are 14 of them.) As you find each abbreviated measurement, write it out. (One is done as an example.)

Meat loaf (serves 8)

- $\frac{1}{2}$ c. bread crumbs
- $1\frac{3}{4}$ lb. ground beef
- 2 eggs
- 1 onion, finely chopped
- $\frac{1}{4}$ c. green pepper, finely chopped
- $\frac{1}{8}$ lb. fresh mushrooms, finely chopped
- 1 Tb. fresh parsley, chopped
- $\frac{1}{4}$ tsp. oregano
- 1 g. cayenne pepper
- $\frac{3}{4}$ tsp. salt
- 8-oz. can of tomato sauce
- $\frac{1}{2}$ pt. cottage cheese

1. Mix everything together, except the tomato sauce and the cheese.
2. Put the meat mixture in an 8" x 8" pan.
3. Mix the tomato sauce and cheese together. Put it on top of the meat mixture.
4. Put the pan into a 350° F oven.
5. Bake for 1 hr. until brown.
6. Let stand for 10 min. before serving.

What the abbreviated measurements stand for:

1. $\frac{1}{2}$ cup
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____

ABBREVIATION WORD SEARCH

NAME _____ PER. _____

The words of the abbreviations listed below are hidden in these scrambled letters. Circle the words. They appear in horizontal, vertical and diagonal straight lines. Some of the words can be read forward and some backward. As you find the words, match them with their abbreviations. Write the term next to the abbreviation.

EDNANAFJKAYNLCC
 NOOPSELBATZADTM
 ZHOCRRERPRKTEMIU
 NEPDEACAKCATBEC
 ORSIDUUSDLBADHI
 NUAQWQMC GALLONQ
 PTEYOSOUNCEOZEM
 RATMPRDPBNSCERF
 QRGNGIETNIPONHA
 SEATNMRUOHOUAB
 EPPOIIAVMOOCLFS
 LMJNKPTOPINCHBG
 MEUDASEZATQATMN
 NTONBAKINGSODAO
 EOPUUV CNOOPSAET
 OENOAPEWORAINSO
 RNIPUVPDOOFGPDP
 SAPRUOSH TOHFTPU


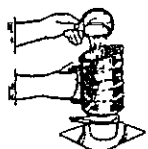
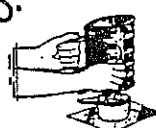
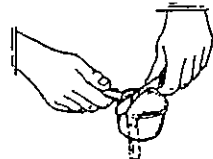
Choc. _____
 qt. _____
 min. _____
 oz. _____
 mod. _____
 f. g. _____
 pt. _____
 g. _____
 t. _____
 tbsp. _____
 gal. _____
 sq. _____

pin. _____
 T. _____
 spk. _____
 lb. _____
 P. _____
 temp. _____
 tap. _____
 doz. _____
 hr. _____
 b. s. _____
 b. p. _____





MEASURING INGREDIENTS

Below are the steps to follow in using measuring utensils and in measuring different types of ingredients.

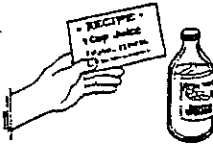

SIFTING INGREDIENTS

		STEPS:	
			
1. SELECT CUPS NEEDED	2. POUR INTO SIFTER (OVER WAXED PAPER)	3. SIFT INGREDIENT (OVER WAXED PAPER)	4. LEVEL WITH SPATULA



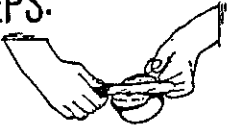
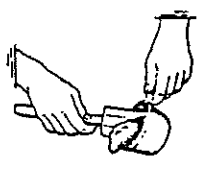
USING MEASURING SPOONS

LIQUID		STEPS:		DRY OR SOLID	
					
1. FILL SPOON	2. LEVEL WITH RIM	1. FILL SPOON	2. LEVEL WITH SPATULA		



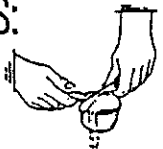

MEASURING LIQUID INGREDIENTS

		STEPS:	
			
1. DETERMINE AMOUNT NEEDED	2. POUR INTO LIQUID MEASURING CUP	3. VIEW AT EYE LEVEL (ADD OR TAKE AWAY IF NEEDED)	4. EXACTLY ONE CUP

MEASURING SOLID AND MOIST INGREDIENTS

		STEPS:	
			
1. SELECT CUPS NEEDED	2. PACK INGREDIENTS INTO CUPS	3. LEVEL WITH SPATULA	4. SCRAPE INGREDIENTS OUT OF CUPS

MEASURING DRY INGREDIENTS

		STEPS:	
			
1. SELECT CUPS NEEDED	2. FILL CUPS (NO PACKING OR TAPPING)	3. LEVEL WITH SPATULA	4. FINISH WITH THE EXACT AMOUNT

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

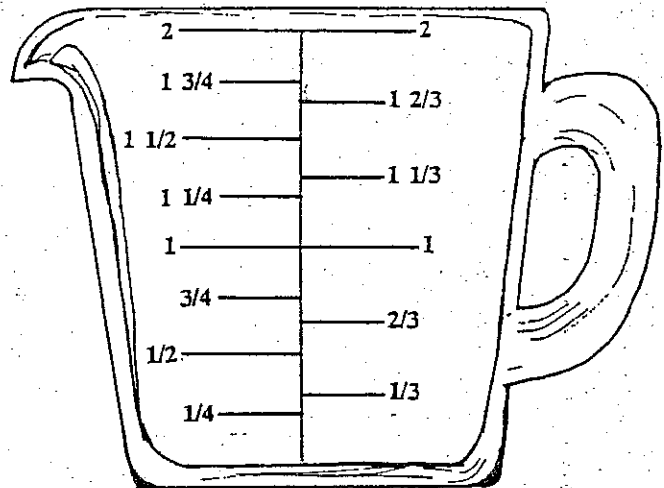
Liquid measuring cups are used to measure any liquids such as water, syrup, milk, oil, juice, and sauces. They are made of glass or clear plastic with marks on the side showing specific amounts.

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.

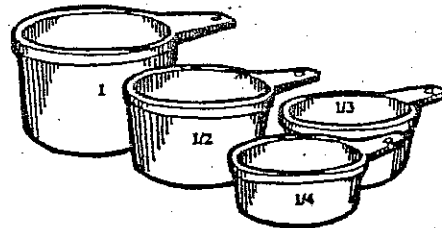
Examples: $2/3 \text{ cup} = 1/3 + 1/3$
 $3/4 \text{ cup} = 1/4 + 1/4 + 1/4$
 $1 \text{ } 1/3 \text{ cup} = 1/3 + 1/3 + 1/3 + 1/3$
 (Also remember that $2/4 \text{ cup} = 1/2 \text{ cup}$)



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.

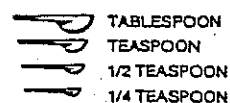
Dry measuring cups usually come in four sizes: 1/4 cup, 1/3 cup, 1/2 cup, and 1 cup.

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.



MEASURING WORKSHEET

ABBREVIATIONS

Write in the correct measurements for the following abbreviations.

- | | |
|--------------------|--------------|
| 1. T or tbsp _____ | 5. c _____ |
| 2. t or tsp _____ | 6. oz _____ |
| 3. lb _____ | 7. pt _____ |
| 4. qt _____ | 8. gal _____ |

EQUIVALENTS

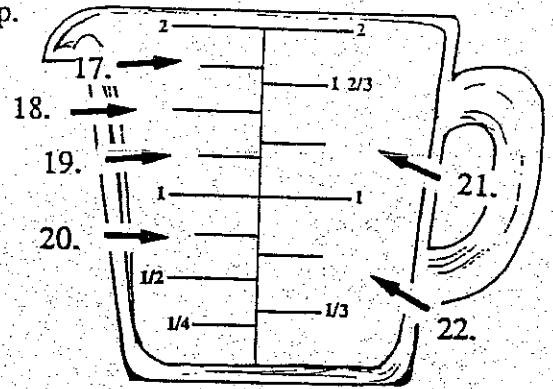
Write in the correct equivalent for the given amounts.

- | | |
|-----------------------------------|--------------------------------|
| 9. 3 teaspoons = _____ tablespoon | 13. 4 tablespoons = _____ cup |
| 10. 8 tablespoons = _____ cup | 14. 16 tablespoons = _____ cup |
| 11. 2 cups = _____ pint | 15. 1 pint = _____ quart |
| 12. 2 quarts = _____ gallon | 16. 16 ounces = _____ pound |

LIQUID MEASURING CUP

Fill in the correct amounts missing on the liquid measuring cup.

17. _____
18. _____
19. _____
20. _____
21. _____
22. _____



DRY MEASURING CUPS

23. List the 4 sizes of dry measuring cups. _____

MEASURING SPOONS

24. List the 4 sizes of measuring spoons. _____

MEASURING INGREDIENTS

25. Flour and granulated sugar would be measured in what type of measuring cup? _____
26. What types of ingredients are packed into the measuring cup? _____
27. To view ingredients in a liquid measuring cup, do you hold the cup in your hand or place it on the table? _____
28. Should you use a dry or a liquid measuring cup when measuring sifted ingredients? _____
29. True or False. Measuring spoons are used to measure both dry and liquid ingredients. _____

MEASURING UTENSILS

Identify the type and size of measuring utensil you would use to measure each of the following ingredients. Remember your equivalents and list the most simple measurement when there is a choice. (For instance, 1/2 is more simple than 1/4 + 1/4.) The first is given as an example.

Ingredient	Type of Utensil	Size
a. 1 1/3 cup flour	dry measuring cup	1 cup + 1/3 cup
30. 3/4 cup oatmeal	_____	_____
31. 2/3 cup water	_____	_____
32. 1 3/4 teaspoon salt	_____	_____
33. 3 teaspoons oil	_____	_____
34. 1/4 cup shortening	_____	_____