

4-H Foods & Nutrition Wednesday

Week 2 Challenge

Measuring Ingredients

Practice measuring ingredients properly

- Flour
 - Stir flour in the storage container
 - Lightly add it, spoonful by spoonful, into a dry measuring cup until very full
 - Don't pack it down
 - Pull the straight edge of a knife or spatula over the top of the cup to level it off
- Granulated Sugar
 - Dip measuring cup into sugar until very full
 - Level off with a straight edge or spatula
- Brown Sugar
 - Pack into the measuring cup with the back of a spoon
 - Level it off
- Liquids
 - Place the liquid measuring cup on a level counter and look through it to see how high the liquid comes in the cup
 - If you hold the cup up in the air, you won't get an accurate reading
- Shortening
 - Pack firmly, right to the top of the measuring spoon or cup
 - Press into cup to remove trapped air
 - Level off with flat side of a table knife
 - Remove from measuring cup or spoon using a rubber spatula

A recipe for making Chocolate No-Bake Cookies is included on the Geary County 4-H webpage at https://www.geary.k-state.edu/4-h/virtual_foods_lessons.html.

Questions to think about:

What did you learn about measuring ingredients?

Why do you think it's important to measure accurately?

What are some examples of other things you have to measure carefully?



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