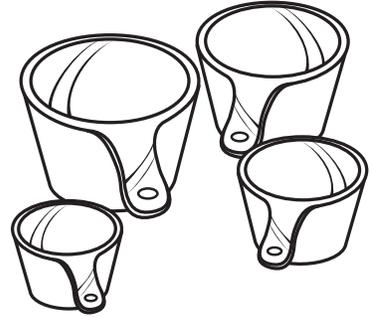


Activity 1**Using Recipes****Measurement Match-Up**

Purpose: To review conversions between the customary and metric systems of measurement.

Directions: Use your text to help calculate the correct equivalents on the list below. Write your answers in the space provided.

1. 2 Tbsp. = _____ tsp.
2. $\frac{1}{2}$ cup = _____ fl. oz.
3. 1 Tbsp. = _____ mL
4. 1 cup = _____ fl. oz.
5. 500 mL = _____ cups
6. 2 cups = _____ Tbsp.
7. $2\frac{1}{2}$ cups = _____ mL
8. 1 gal. = _____ cups
9. 8,000 mL = _____ gal.
10. $\frac{1}{2}$ lb. = _____ oz.
11. 2 gal. = _____ cups
12. 5 kg = _____ lbs.
13. 1 gal. = _____ pt.
14. 750 g = _____ lb.
15. 45 mL = _____ Tbsp.
16. 4 cups = _____ fl. oz.
17. 2 L = _____ qt.
18. 2 Tbsp. = _____ mL
19. 250 mL = _____ pt.
20. 2 oz. = _____ g



Activity 2**Using Recipes**

Increasing Recipe Yield

Purpose: To practice increasing the yield of a recipe.

Part I. Directions: Read through the cookie recipe in Part II. Then answer the questions in the box below to increase the recipe yield to 15 dozen cookies.

_____	1. What is the <i>desired</i> yield of the recipe?
_____	2. What is the <i>original</i> yield of the recipe? (<i>Hint:</i> Divide the original yield by 12 to find how many dozen.)
_____	3. By what number will you multiply each ingredient in the original recipe to obtain the new ingredient amount? (<i>Hint:</i> Divide the answer from Step 1 by the answer for Step 2.)

Part II. Directions: Multiply each ingredient amount below by your answer for step 3 above. Write the new ingredient amount in the space provided to the left of each ingredient.

Oatmeal Dreams

_____	½ cup	Butter or margarine
_____	½ cup	Peanut butter
_____	¾ cup	Brown sugar
_____	½ cup	Granulated sugar
_____	1	Egg
_____	1 tsp.	Vanilla
_____	1¼ cups	Sifted flour
_____	¾ cup	Rolled oats
_____	½ cup	Raisins

Preheat the oven to 350°F. Cream butter or margarine, peanut butter, brown and granulated sugars, egg, and vanilla. Add flour and oats to creamed mixture. Mix thoroughly. Stir in raisins. Shape dough into 1-inch balls. Place balls onto an ungreased baking sheet. Press flat using a fork. Bake 12–15 minutes or until lightly browned. Cool on wire rack. Makes approximately 60 cookies.

Activity 3**Using Recipes**

Reading a Recipe

Purpose: To review the parts of a recipe.

Directions: Read through the recipe below. Then follow the instructions for items 1 to 5 below the box.

Granola

Yield: 8 cups (16, ½-cup servings)

3 cups Rolled oats

1 cup Mixed seeds or grains (sunflower or sesame seeds, wheat germ, shredded wheat)

1 cup Crisp rice cereal

½ cup Vegetable oil

½ cup Honey

1 cup Raisins

1 cup Diced, dried fruits (apricots, dates)

1. Preheat oven to 300°F.
2. Mix all ingredients except raisins and dried fruit in large bowl.
3. Spread a single layer on a baking sheet.
4. Bake for 30 minutes, stirring often, or until golden brown.
5. Remove from oven and stir in raisins and dried fruit. Cool.

1. Locate the list of ingredients. Draw a bracket to the right of it.
2. Locate and circle the amounts of the ingredients.
3. Put a star next to the yield.
4. Draw a box around the cooking temperature.
5. Underline the baking time.

Activity 4**Using Recipes**

Substituting Ingredients

Purpose: To explain how or why substitutions may be made for recipe ingredients.

Directions: For each ingredient listed below, identify a possible substitution. Use your text and Internet or print resources. Write your answers in the space provided.

1. Your recipe calls for Worcestershire sauce, but you are out of it. What can you substitute?

2. Your recipe calls for 2 Tbsp. of fresh, chopped basil. What can you substitute?

3. Your cake recipe calls for 2 cups of cake flour, but all you have is all-purpose flour. What can you do?

4. A muffin recipe calls for 1 cup of fat-free milk. All you have is two-percent milk and some nonfat dry milk powder. What can you do?

5. Your cornbread recipe calls for milk “soured” with lemon juice. You are out of lemon juice. What can you substitute?

6. Your favorite chocolate cake recipe calls for 3 oz. of unsweetened baking chocolate; however, you are out of the chocolate. You really want to bake the cake for your friend’s birthday. What can you substitute?
