



# TEACH IT FORWARD

## MEASURES

<b><i>PLAN IT</i></b>	<b><i>Completed/ Comments</i></b>
<b>Supplies/Materials</b>	
<ol style="list-style-type: none"> <li>1. Set of measuring spoons, dry and liquid measure containers for each station</li> <li>2. Product to demo and practice (spices, salt, brown sugar, oil, and/or carrot sticks)</li> <li>3. Ounce scale</li> <li>4. Handout "Measuring &amp; Weighing"</li> </ol>	
<b>Location</b>	
<ul style="list-style-type: none"> <li>• Kitchen Production Area</li> <li>• Workstations for practice with measuring tools, practice items, and production sheets</li> </ul>	
<b>Date, Time, Duration</b>	
Day: _____; Time: _____; Duration: <b>15 minutes</b>	
<b>Resources and Talking Points</b>	
<ol style="list-style-type: none"> <li>1. Importance of measures and difference between weights</li> <li>2. How to measure dry and liquid items</li> <li>3. Techniques for use covered in <i>Measuring &amp; Weighing Fact Sheet</i> handout</li> </ol>	
<b>Demonstration and Activities</b>	
<ul style="list-style-type: none"> <li>• Measuring techniques dry (loose cup, level top and packed) and liquid foods (read volume from meniscus)</li> </ul>	
<b>NOTES:</b>	
<p><i>Prepare one cup each of loose filled pack brown sugar and packed. Measure items needed for upcoming production; the In-Service TIF can serve as a pre-prep period. Spices, salt, oil, water, raisins and carrot sticks are listed as demonstration items but you can make a different choice. Use at least three items for demonstration and practice including dry and liquid ingredients.</i></p>	

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<i><b>PRESENT IT</b></i>	<i><b>Comments</b></i>
<p><b>KNOW – 2 minutes Knowledge Transfer</b></p> <ol style="list-style-type: none"> <li><b>Measures overview - SAY:</b> Success in food preparation depends on correct ingredient amounts. Whenever the recipe calls for teaspoons, tablespoons, cups, quarts or gallons, it is time to use the appropriate measuring tool. Measuring by volume is often used for smaller amounts of ingredients, such as spices or liquids. Tools for measuring are available.</li> <li><b>Types of measuring tools – SHOW and SAY:</b> Most of your kitchens have these measuring tools: teaspoons and tablespoons, cup, quart and gallon measures. <b>Point to each</b> as you identify: <ul style="list-style-type: none"> <li>Teaspoons and Tablespoons are useful for measuring spices and small amounts.</li> <li>Cups, quarts and gallons are good for larger volumes. Measuring tools are generally made of aluminum, stainless steel, plastic or Pyrex. Use caution when using aluminum to measure acidic foods as metal may leach and change flavor. To avoid burns, use plastic tools when measuring hot foods.</li> </ul> </li> <li><b>Ways to measure – SAY:</b> <ul style="list-style-type: none"> <li>Most dry items are loose-filled into container with tops level.</li> <li>Brown sugar is an exception as this is usually packed.</li> <li>Clear containers for liquids allow for us to see the meniscus (bottom of the lens) to ensure proper volume.</li> </ul> </li> <li><b>Food Density – SAY:</b> <ul style="list-style-type: none"> <li>Food items prepared differently will fill the container differently. For example, the same weight of shredded carrot sticks will have a greater volume than sticks.</li> </ul> </li> </ol> <p><b>ASK:</b> Which of these food items (point to spices or carrot sticks) should the recipe list by weight rather than measure?</p>	
<p><b>SHOW – 4 minutes</b></p> <ol style="list-style-type: none"> <li><b>Ways to measure –</b> <ul style="list-style-type: none"> <li><b>SAY:</b> Loose filled with level top means we don't compress the item into the measure container; brown sugar is the exception.</li> <li><b>SHOW and SAY:</b> A rounded tablespoon of baking powder in a quick bread could be almost twice as much as intended with a level top. A level top is achieved by using a straight edge, such as flat spatula, across top of container.</li> <li><b>SHOW and SAY:</b> Filling the clear plastic measure with water, we can see the meniscus (point out) to ensure we have the proper volume.</li> </ul> </li> <li><b>Food Density –</b> <ul style="list-style-type: none"> <li><b>SHOW and SAY:</b> For example, we have two-cup measures with brown sugar – one is loose filled and the other is packed. As I empty, you can visually see the difference in amounts.</li> </ul> </li> </ol>	



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### DO – 7 minutes

**Practice and Apply** – Working in teams of 2 or 3, measure the following items, then weigh and compare the difference in measures within teams and between teams.

- Measure one level Tablespoon and one rounded Tablespoon of salt.
- Measure one cup brown sugar packed and one cup loosely filled.
- Measure one quart of water in clear container and one quart in opaque.

**LISTEN** to comments -- **MONITOR** actions -- **COACH** as needed

### RECAP – 1 minute

**SAY:**

- You have had an opportunity to practice use of measures and reinforce concepts of proper food preparation. This experience illustrates the importance of accurate measures of foods as specified in recipes to ensure quality products.
- **CONGRATULATIONS!** You have earned a Certificate of Completion for .25 hours in the Learning Topic of Food Production.