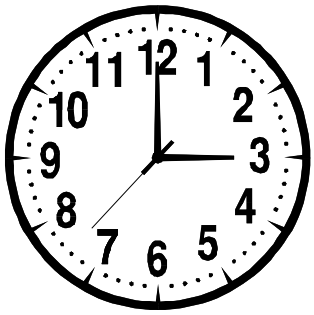
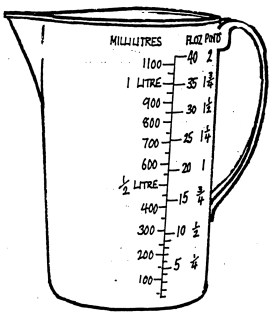
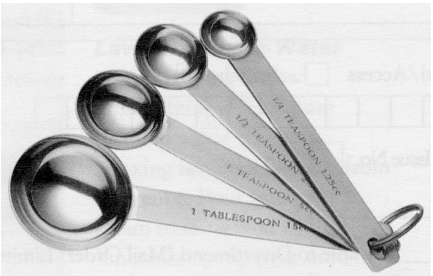
Weighing and Measuring

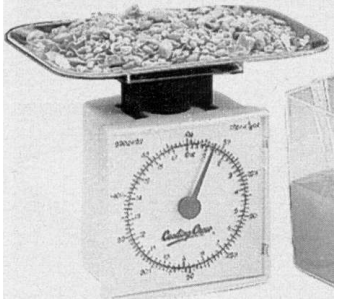
Home Economics

Name: _____









Worksheet 1: Weighing and measuring

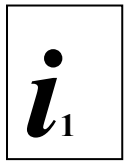
List **3** pieces of equipment that you can use to weigh and measure food.
Give an example of **one** ingredient which could be measured by each one.

Measuring/weighing equipment	Ingredient to be measured

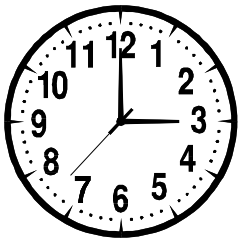
List **3** pieces of equipment you can use to weigh/measure liquids.
Give an example of **one** ingredient, which could be measured by each one.

Measuring/weighing equipment	Liquid to be measured

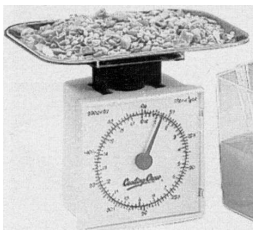
Information Sheet 1: Weighing and measuring food



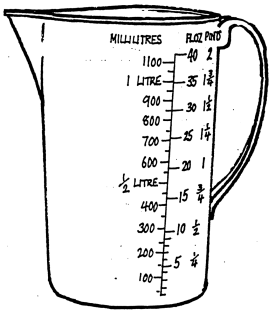
Clock



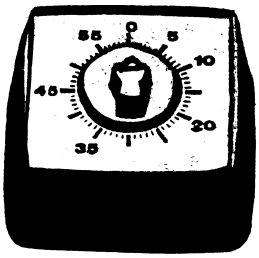
Analogue scales



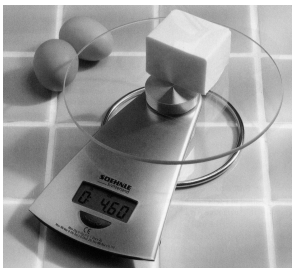
Measuring jug



Electric timer



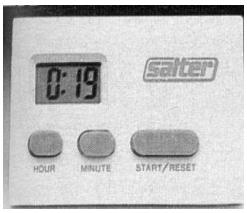
Digital scales



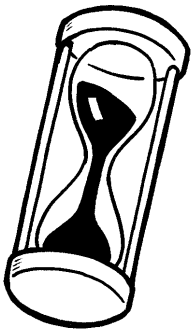
Measuring cups

Balance scales

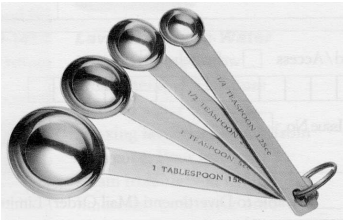
Digital timer



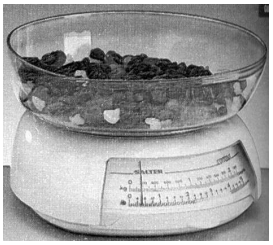
Egg timer



Measuring spoons



Bar scales



Information Sheet 2: Definition

i_2

Clock
Instrument for measuring time, in which the hours, minutes and seconds are indicated by means of pointers on a dial face.

Analogue scales
Instrument for measuring weight, in which the kilograms and grams are indicated by means of a pointer on a dial face.

Measuring jug
A utensil for measuring liquids in which the litres and millilitres are indicated by a scale.

Electric timer
An electric instrument, marked in minutes on a dial, which can be set to indicate when a given amount of time has passed.

Measuring cups
A handy measure for liquid or dry goods graded to set amounts.

Digital scales
An electric instrument which indicates the weight by means of numbers, usually in kilograms and grams.

Balance scales
A mechanical instrument which levels off when the food measured is balanced with the chosen metal weight(s).

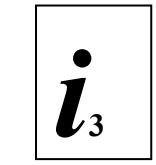
Egg timer
A small sand glass for timing the boiling of eggs.

Measuring spoons
A handy measure for liquid or dry goods graded to set amounts.

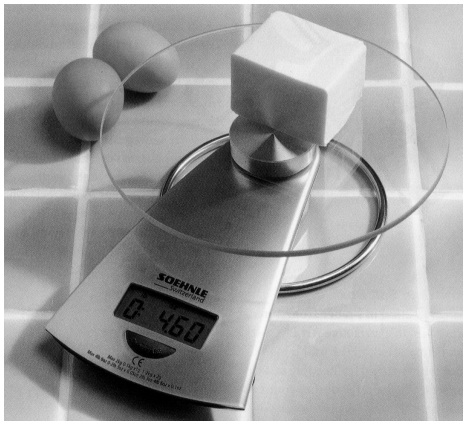
Digital timer
An electric instrument, marked in minutes and seconds on a number display, which can be set to indicate when a given amount of time has passed.

Analogue scales
Instrument for measuring weight, in which the kilograms and grams are indicated by means of a pointer on a moveable bar.

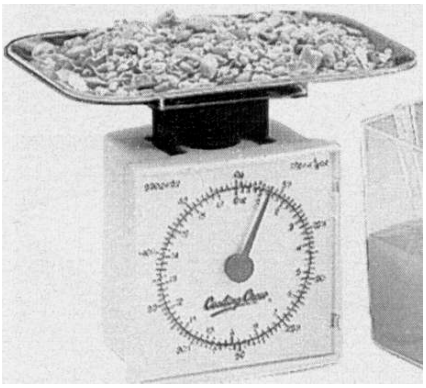
Information Sheet 3: Weighing and measuring



Kitchen scales

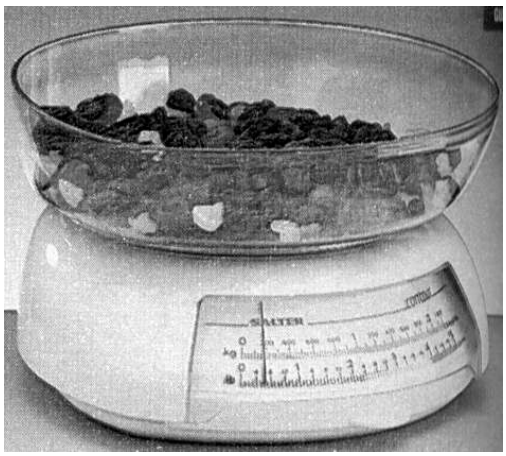


Digital scales



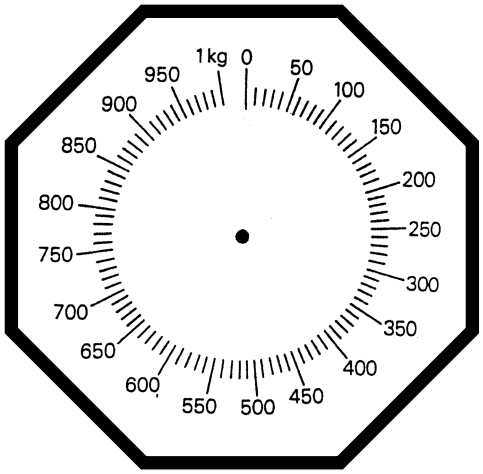
Analogue scales

Balance scales



Bar scales

Information Sheet 4: Units of measurement



Kilograms and grams are used to weigh food.

This diagram represents 1 kilogram.
Each division represents 10 grams.

Liquids are measured in litres.

100 cl = 1 litre (cl is short for centilitre)
1000 ml = 1 litre (ml is short for millilitre)
1000 cm^3 = 1 litre (cc is short for cubic centimetre)

Celsius is a measure of temperature.
Maximum temperature in electric ovens is 245°C.

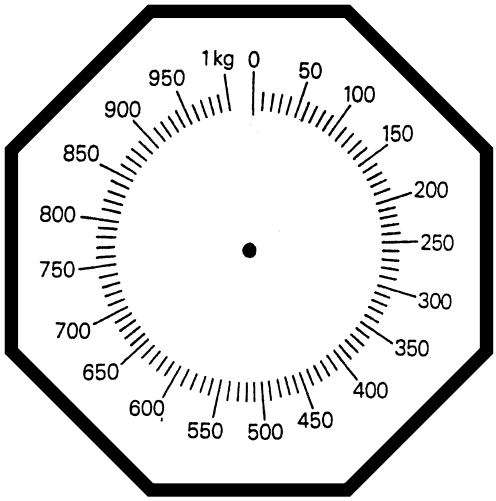
Fahrenheit is a measure of temperature.
Maximum temperature in electric ovens is 475°F.

This temperature is the same as Gas Mark 9.

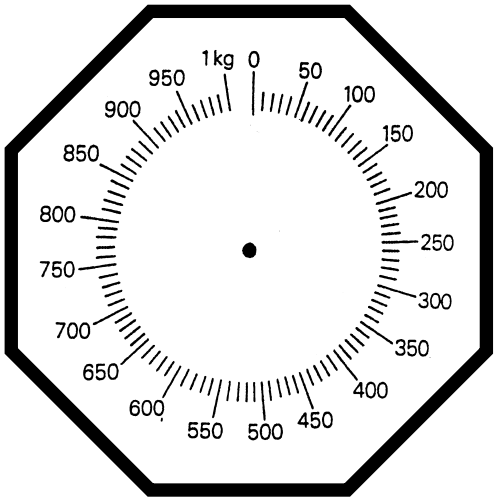
These temperatures vary depending on the make of the cooker.

Worksheet 2: Measuring with analogue scales

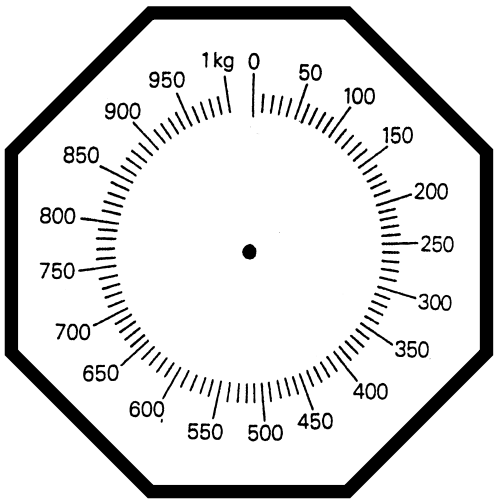
1. Draw in a pointer to show 450 g of tomatoes.



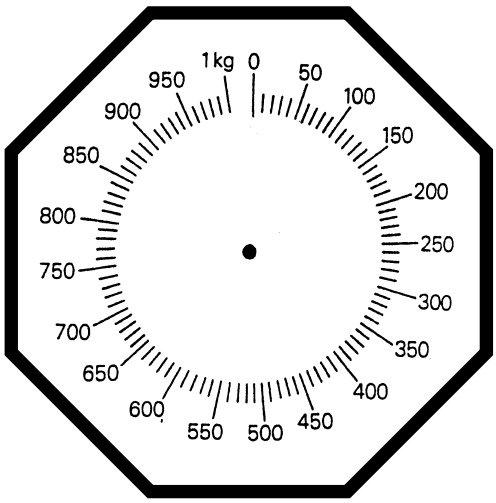
2. Draw in a pointer to show 75 g of sugar.



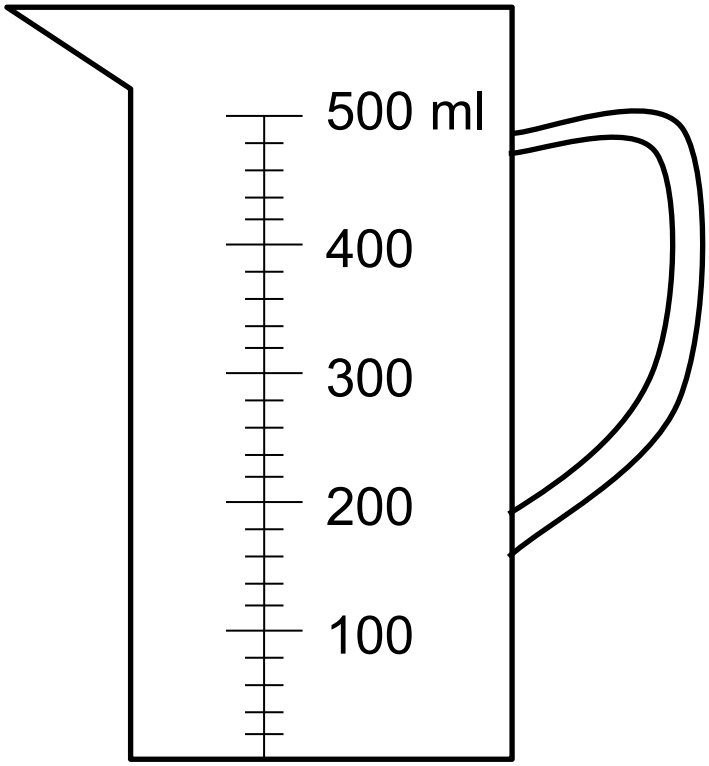
3. Draw in a pointer to show 780 g of minced beef.



4. Draw in a pointer to show 60 g of flour.



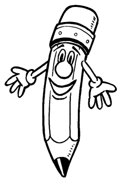
Information Sheet 5: Measuring jug



Measuring jugs vary in the amounts they can hold, anything from 250 ml to 2 litres.

In the diagram shown, the maximum amount you can measure is 500 ml. Each division is 20 ml.

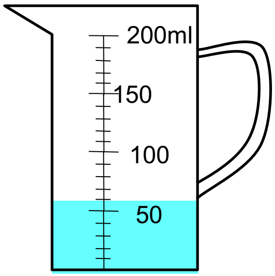
The following worksheets use a variety of diagrams. You must check the amount and division before you answer.



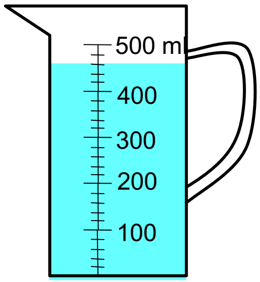
Worksheet 3: Measuring jugs

What volume is shown on each jug?

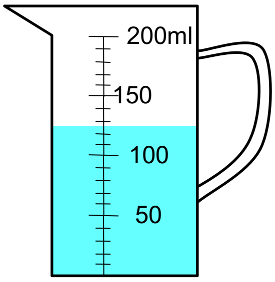
ml



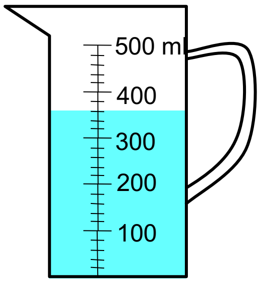
ml



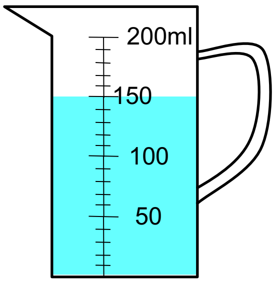
ml



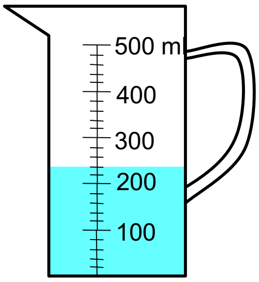
ml



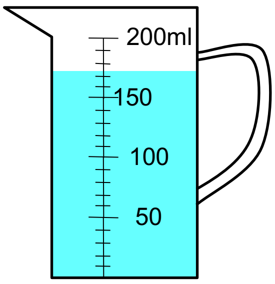
ml



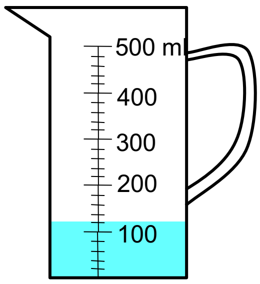
ml



ml



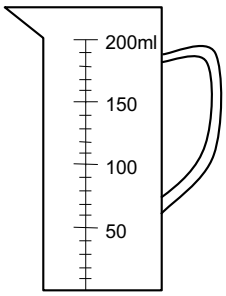
ml



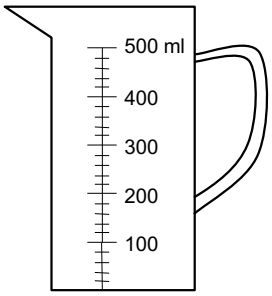
Worksheet 4: Measuring jug

Mark the volume on each jug.

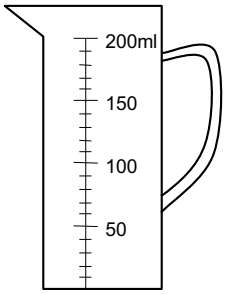
35 ml



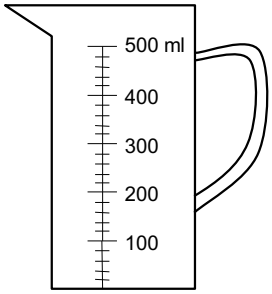
50 ml



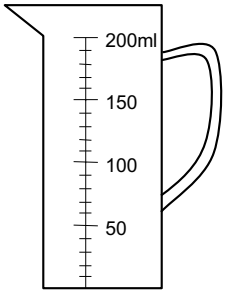
85 ml



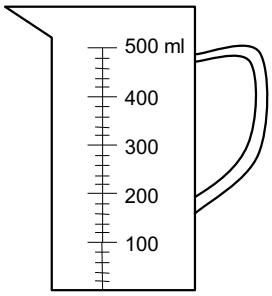
180 ml



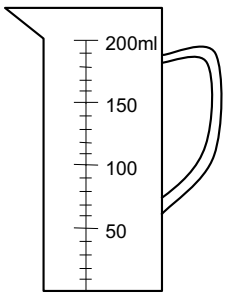
170 ml



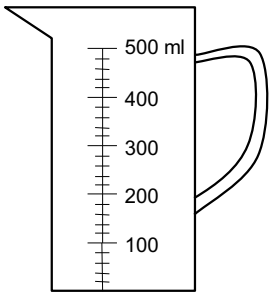
220 ml



110 ml



460 ml



Worksheet 5: Measuring spoons

How many 2.5 ml spoons are needed to make 10 ml?

How many 5 ml spoons are needed to make 15 ml?

How many 7.5 ml spoons are needed to make 30 ml?

How many 15 ml spoons are needed to make 75 ml?

Worksheet 5 (cont): Measuring spoons

1. Tablespoon = 15 ml.

2. Dessert spoon =10 ml.

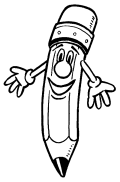
3. Teaspoon = 5 ml.

How many tablespoons are needed to make 60 ml? ☐

How many dessert spoons are needed to make 40 ml? ☐

How many teaspoons are needed to make 35 ml? ☐

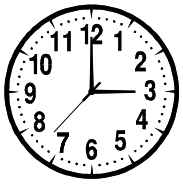
Worksheet 6: Weighing and measuring



Draw lines to match the measuring instrument and the ingredients.

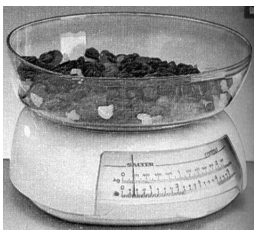
Victoria sandwich

Clock

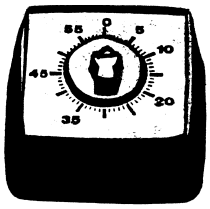


125 gm SR flour

Bar scales

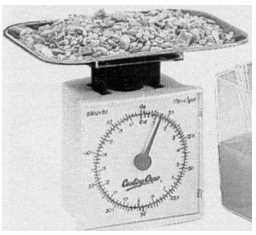


Electric timer

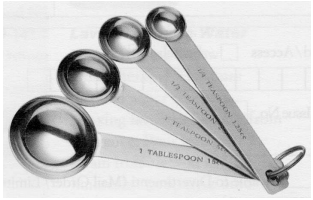


125 gm margarine

Analogue scales



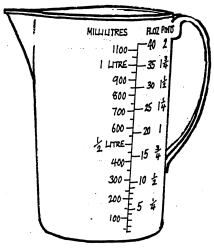
Measuring spoons



125 gm caster sugar
2 tablespoons water

Measuring cups

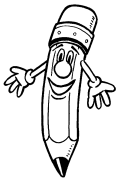
Measuring jug



1 teaspoon baking powder

Egg timer

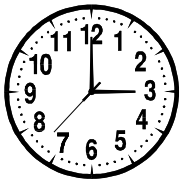
Worksheet 7: Weighing and measuring



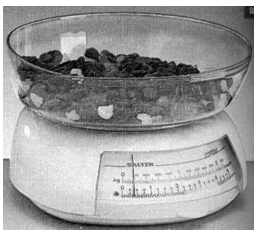
Draw lines to match the measuring instrument and the ingredients.

Shortbread

Clock

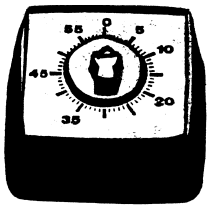


Bar scales

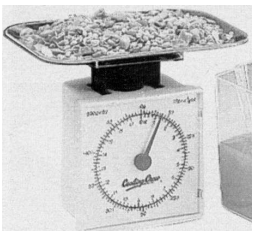


150 gm plain flour

Electric timer

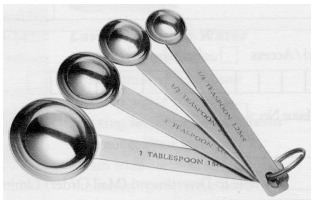


Analogue scales



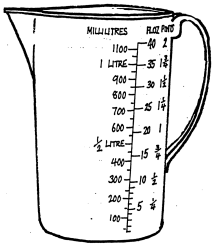
50 gm caster sugar

Measuring spoons



Measuring cups

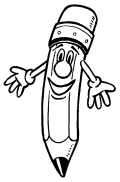
Measuring jug



100 gm butter

Egg timer

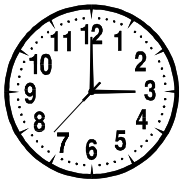
Worksheet 8: Weighing and measuring



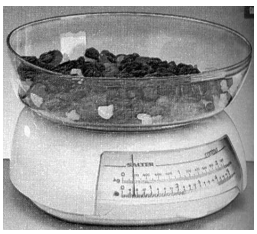
Draw lines to match the measuring instrument and the ingredients.

Cheese scones

Clock

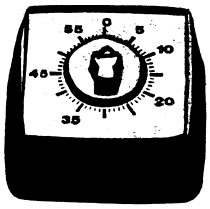


Bar scales

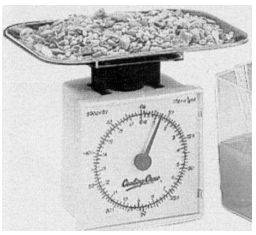


150 gm SR flour

Electric timer

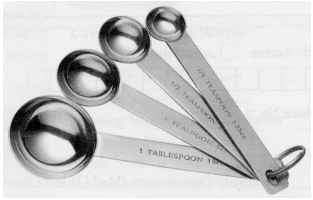


Analogue scales



25 gm margarine

Measuring spoons

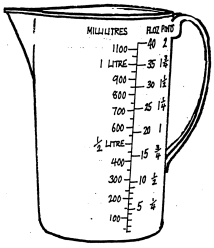


Measuring cups

75 gm cheese

½ teaspoon salt

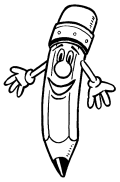
Measuring jug



Egg timer

50 ml milk

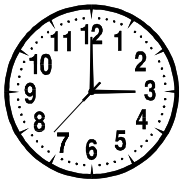
Worksheet 9: Weighing and measuring



Draw lines to match the measuring instrument and the ingredients.

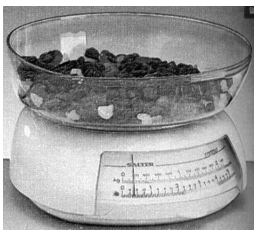
Banana milkshake

Clock

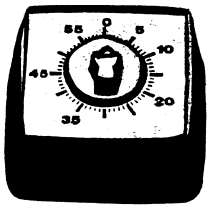


1 cup milk

Bar scales

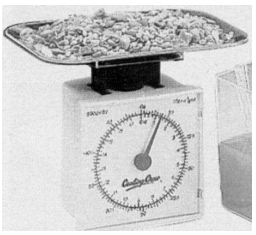


Electric timer

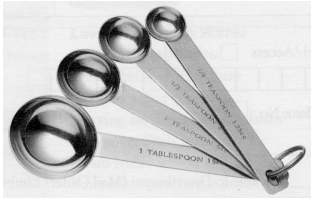


1 tablespoon honey

Analogue scales



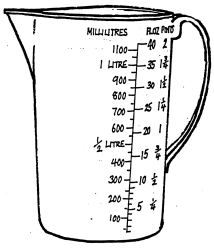
Measuring spoons



2 tablespoons banana yoghurt

Measuring cups

Measuring jug



½ cup ice cream

Egg timer