

**Jackets and hoodies off**

**Homework Diaries out**

**Pencil out.**

# Weighing and Measuring



Learning Outcomes

I am learning....

The importance of accurate weighing and measuring of food items.

About the different methods of weighing and measuring of food items.

The Food Experience

Preparing food appropriate to learning

FCH 3-10b - I have gained confidence and dexterity in the use of ingredients and equipment and can apply specialist skills in preparing food.



Curiosity



Sense making



Communicating

## Tablespoon (Tbs)



### Success Criteria

I can ...

Measure 200ml of water in a measuring jug.

Level a 15 ml spoon of flour.

Weigh flour accurately for my scones using electronic scales.



### The Food Experience

Preparing food appropriate to learning

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What equipment can you use to weigh and measure ingredients?

Liquids      **Measuring jug**

Solids      **Scales**

Small amounts of ingredients

**Measuring spoons**

# Liquids

Liquids are measured in litres and fractions of litre called millilitres. The following abbreviations are used:

Litre - L = 1000ml

Millilitre - 1000ml = 1L



## Solids

Solid foods are measured in grams and kilograms. These are written in shorter forms; gram g, kilogram -kg. these short forms are known as abbreviations.

$$1000g = 1kg$$

$$500g = \frac{1}{2} kg$$



### Electronic Scales

Check that the digital display is set to grams and then add the ingredients until it displays the required amount.

# Small amounts of ingredients

## Measuring Using Spoons

## Handy Measures

Special measuring spoons can be bought in various sizes, or a standard tablespoon may be used for dry foods, three useful sizes of spoon are:

Teaspoon    Dessertspoon    Tablespoon

Tsp                  Dsp                  Tblsp

2 teaspoons = 1 dessertspoon

2 dessertspoons = 1 tablespoon.



**Label each of them with their full name and suggest a use for each.**

# Small amounts of ingredients

## Some useful spoon measures

1 rounded tblsp flour = 25g

2 level tblsp sugar = 25g

3 level tblsp icing sugar = 25g



Work out the following.

How many tblsp flour weigh 100g?

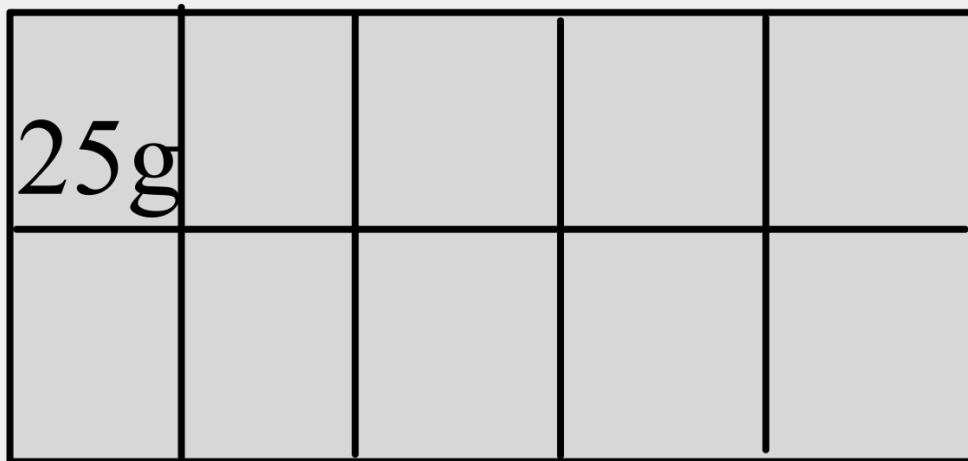
How many tblsp sugar weigh 100g?



# Handy Measure

Most hard fats are sold in 250g blocks, the block can be easily cut into 25g pieces by dividing it into 10 even pieces, each one weighing 25g

Draw a diagram to show how to measure 25g of margarine from a 250g hard block.





tblsp



### Success Criteria

1. I can measure 200ml of water in a measuring.
2. I can level a 15 ml spoon of flour.
3. I can weighed flour for my scones using electronic scales.



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