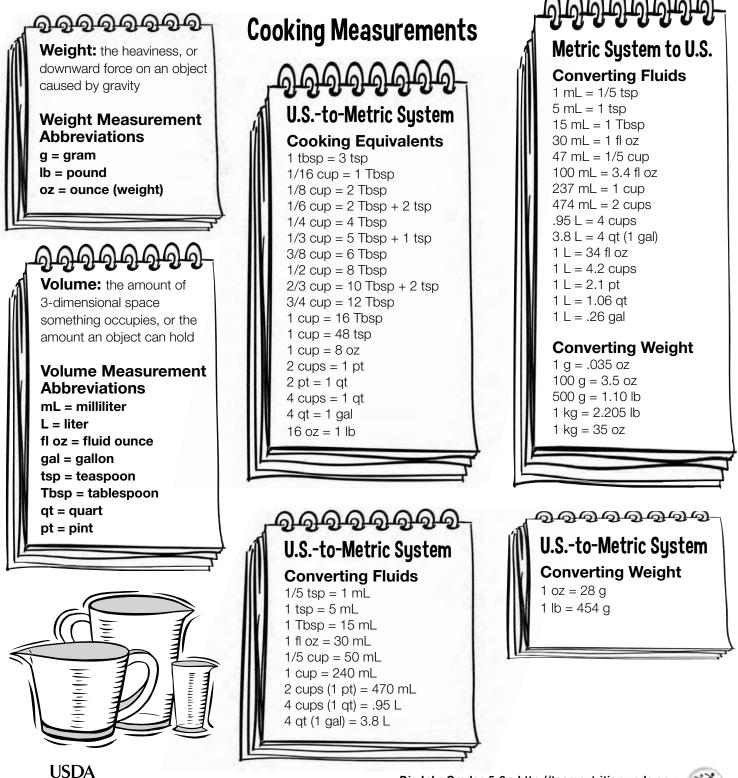
Are you surprised that math is used in the kitchen? Chefs need to measure ingredients to make sure their recipes come out tasting right and are the same each time. There are different units of measurements for liquid and dry ingredients. There are also different measuring systems depending on where you are in the world – **U.S.** (also called "**standard**") and **metric**. Use the table below as a reference to help you in your kitchen measurements.





LESSON 🚺 HANDOUT 1

Name: ______

Date:

What counts as 1 cup of fruits or vegetables?

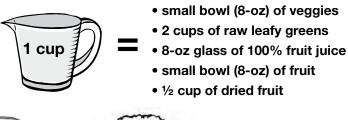
Most moderately active 10- to 11-year olds need:

Fruit: 1½ cups per day

Vegetables: 21/2 cups per day*

*Remember!

The amount of fruits and vegetables you need each day is determined by your age, gender, height, weight, and how active you are.





Use measuring tools to test your kitchen math skills:

- 1) Measure 1 cup of dry beans to see what 1 cup looks like. Put a cup of beans on a plate. Then, put 1 cup of beans in a bowl. Describe the size of a cup by comparing it to a familiar object: ______
- 2) Measure 1 cup of water and pour it into a drinking glass. Is there a difference between what a liquid "cup" and a dry "cup" look like? ______
- 3) Measure out following, then convert the daily recommended amounts to milliliters: ______

 $1\frac{1}{2}$ cups fruit/day = _____ mL

21/2 cups vegetables/day = ____ mL

Convert the following measurements:

- **4)** 15½-oz can of beans = _____ cups
- **5)** 8-oz of pasta = _____ cups
- **6)** 1½ cups of fruit = _____ Tbsp
- **8)** 32-oz of green beans = _____ lb

7) 2¹/₂ cups of chopped tomatoes = oz



Find three measurements on a food or beverage package to convert to another unit.

_____ = _____

10)	 =	
11)	=	



9)

United States Department of Agriculture

