

Measurement Standards

Abbreviations

Directions: Most recipes use symbols and abbreviations for units of measurement. For each symbol or abbreviation given below, write out the word or words it stands for.

1. T or Tbsp.
2. t or tsp.
3. c.
4. pt.
5. qt.
6. gal.
7. oz.
8. lb.
9. f.g.
10. L or l

Equivalents

Directions: In food preparation, it is important to apply the standards of measurement. Complete each of the following by placing the correct answer in the blank.

11. 1 T = _____ tsp.
12. 1 cup = _____ tablespoons
13. 1 cup = _____ fluid ounces
14. 1 pound = _____ ounces
15. 1 gallon = _____ quarts
16. 1 quart = _____ pints
17. 1 cup = _____ teaspoons
18. 1 gallon = _____ cups
19. $\frac{1}{2}$ tablespoons = _____ teaspoons
20. 1 quart = _____ cups
21. $\frac{1}{4}$ cup = _____ fluid ounces
22. 2 tablespoons = _____ fluid ounces
23. 75 tsp. = _____ T
24. 1 pt. = _____ fluid oz.
25. $\frac{1}{2}$ lb. = _____ oz.
26. 12 fluid oz. = _____ cup(s)
27. 40 oz. = _____ lb.
28. 2 qt. = _____ T
29. $\frac{1}{4}$ cup = _____ T
30. 1 stick of margarine = _____ cup(s)

Directions: Double the following ingredients for a recipe using the space to the right of the ingredients.

31. 1 $\frac{1}{2}$ cups of flour
32. 2 tsp. baking powder
33. 1 $\frac{1}{2}$ T. sugar
34. 1 egg
35. $\frac{3}{4}$ cup milk