

# ILLINOIS Extension

## 4-H Club GO TO Resources



July 2018

### Lesson Objectives:

**Club members and parents will:** Learn how to correctly measure liquid and dry ingredients

**Time:** 30 minutes

### Equipment and supplies:

- Dry measuring cups
- Liquid measuring cup
- Table knife & spoon
- Wax paper
- Flour
- Milk
- Instant Pudding Mix
- Quart Jar
- Spatula
- Individual cups or bowls and spoons

### Preparations:

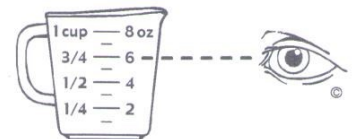
- Divide club into groups of 4-5
- Review Lesson

## Food & Nutrition - Cooking 101

A recipe is like a scientific formula. You have to follow it carefully to get a product that looks and tastes good. Measuring is so important to successful baking that special equipment is used to measure ingredients. Standard measuring cups and spoons make measuring easy and accurate. Liquid measuring cups are used to measure liquids such as milk, juice, water, or oil. Dry measuring cups are used to measure dry ingredients and solid fats. First practice your measuring skills and then test your skills by doing the flour experiment and by making Shake It Up Pudding.

### How to Measure Liquids

1. Place the measuring cup on a level surface while you are pouring the liquid into it.
2. To get an accurate measurement, bend down and read the measure at eye level.



### How to Measure Flour

To measure flour, spoon flour lightly into the measuring cup until it is overfull. Do not shake or tap the cup because this causes the flour to pack. Too much flour may cause the food you are preparing to be dry or tough. Level the flour with the straight-edge of a knife. Measure flour over a piece of clean waxed paper or an empty plate so you can return the unused flour to the storage container. Unless a recipe calls for sifted flour, it is not necessary to sift the flour before measuring.





## Experiment! How Much Flour Will A Measuring Cup Hold?

### Part A

1. Dip measuring cup into flour, filling the cup to overflowing. Level off excess flour.
2. Sift the cup of flour you have just measured onto waxed paper. Gently spoon the sifted flour back into the measuring cup. Level off excess flour.
3. Did you get all the flour back into the cup?
4. If you had flour left over, use the measuring spoons to determine how much.
5. Record the amount that was left over: \_\_\_\_\_ Tbsp. and \_\_\_\_\_ tsp.

### Part B

1. Measure another level cupful of flour from the bag or canister, but this time spoon the flour gently into the cup instead of dipping. Level off the excess flour.
2. Sift flour onto waxed paper. Gently spoon the sifted flour back into the measuring cup. Level off excess flour.
3. Did you get all the flour back into the cup?
4. If you had flour left over, use the measuring spoons to determine how much.
5. Record the amount that was left over: \_\_\_\_\_ Tbsp. and \_\_\_\_\_ tsp.

### Part C

1. Using the cup of sifted, measured flour, tap the cup on the table four or five times. Be careful to not spill any.
2. Is the cup still full?
3. If not, add enough flour to fill the cup again by adding a level teaspoon until the cup is full. Record how many teaspoons you added: \_\_\_\_\_ tsp.

### Part D

1. Did the three methods of measuring flour affect how much flour was left over? If so, how?
2. Based on the results of your experiment, which method of measuring flour would you use when preparing a recipe? Why?
3. How do you think the extra flour might affect the food you are preparing?
4. What would you tell a beginning cook about measuring ingredients for a recipe?

## Shake It Up Pudding (Yield: 4-5 servings)

### Ingredients:

- 1 small package (4 servings) instant pudding mix
- 2 cups milk
- Fruit, optional \*\*

### Equipment:

- Quart jar with lid
- Liquid measuring cup
- Spatula

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- Quart jar with lid
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- Spatula
- Cups or Bowls
- Spoons

### Order of Work

1. Measure milk into the jar. Add the pudding mix.
2. Put the lid on the jar tightly. Shake this mixture until pudding is dissolved, about two minutes. If you want to add fruit to the pudding, open the jar lid, add the fruit, replace and tighten the lid; shake again.
3. Pour pudding into four or five individual dishes. Use spatula to remove all the pudding from the jar. Refrigerate and wait 5 minutes before serving..

\*\* Ideas for adding fruit to pudding:

Banana: Follow the above directions using butterscotch pudding mix and one sliced banana.

Fresh berries: Follow the above direction using banana cream pudding mix and 1 cup fresh strawberries or raspberries.

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## Sources & Additional Lesson info:

4-H Club GO TO Resources is being offered to 4-H clubs in Boone, DeKalb and Ogle Counties as a way to enrich and enhance 4-H experiences and programming at the club level. It is the goal of the Extension staff to assist 4-H leaders and officers in providing simple hands-on activities on a monthly basis that can broaden the 4-H club experience and as a result heighten positive youth development.

**Resources:** Cooking 101 4-H Project Book

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