



MATERIALS NEEDED

- 4 Liquid measuring Cups
- 4 Large Mixing Bowls
- 4 large bottles of Water
- Food Coloring, four different colors

TIME NEEDED FOR LESSON

20—30 minutes will be needed for this lesson



Measuring Liquid Ingredients

Learner Objectives:

- The 4-H member will learn how to correctly measure liquid ingredients.
- The 4-H member will learn how to identify 1 cup, 1/4 cup, & 1/2 cup, utilizing their own measuring cup.
- The 4-H member will be able to identify what types of ingredients should be measured in a liquid measure.

Educational Lesson:

Measuring cups, like this one, are used to measure liquids like water, milk, and oil. It is important to use the correct measuring cup when following a recipe. Be sure to have your measuring cup on a flat surface when pouring in your ingredient or you may accidentally add too much or too little to your recipe. When checking to see if the ingredient is at the desired level, have the measuring cup sitting on a flat, level surface and bend down to view the measurement at eye level. Do not hold the cup up to eye level because the cup may not be level when viewing and it may result in an inaccurate reading.



Activity:

Before Lesson:

Add a few drops of food coloring to bottled water. Each bottle should be a different color if possible.

Activity:

The leader will pass out a 1 cup liquid measuring cup to each individual or group. Allow time for each group to find the 1 cup mark on their measuring cup. Next, the leader should demonstrate how to correctly measure liquid ingredients. (*To measure correctly, be sure to do it at eye level. This will ensure you have an accurate or close to perfect measurement*).

Next, each individual (or group) will receive their colored water, ask them to measure 1 cup. Once found, they may pour this water into their mixing bowl and then try another measurement. The colored water should assist in participants easily identifying measurements. It might be fun to have different measurements printed on paper and cut up, and allow someone to draw a measurement each time for the groups to practice!

Reflection:

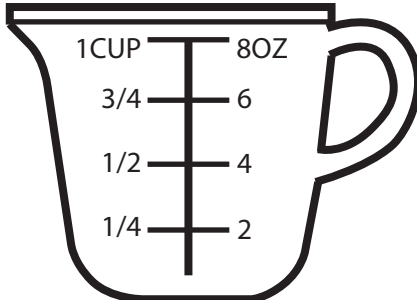
- What types of ingredients should be measured in a liquid measuring cup?
- Why is it important to have a correct measurement?
- Why can't liquid ingredients be measured in a dry measuring cup?

Additional Resources:

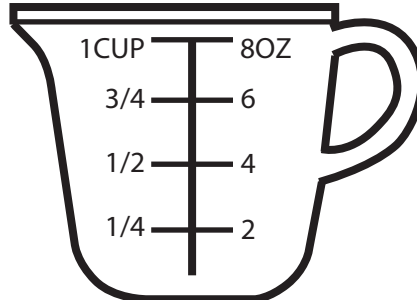
- Measurement worksheet (attached)
- <http://www.stevespanglerscience.com/lab/experiments/seven-layer-density-column>

MEASURING CUPS

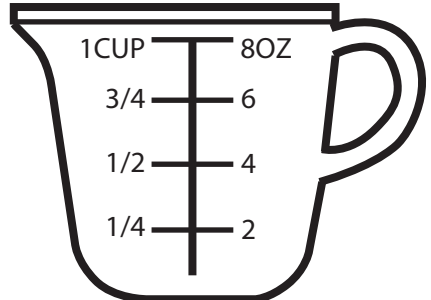
Color the measuring cup up to the indicated amount.



1/2 CUP

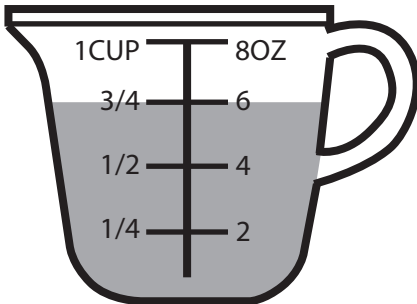


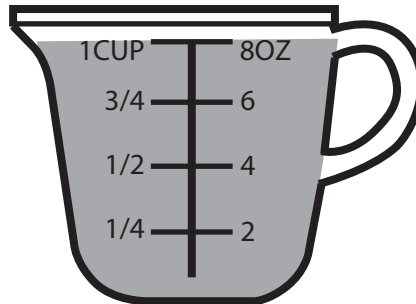
2 OZ.

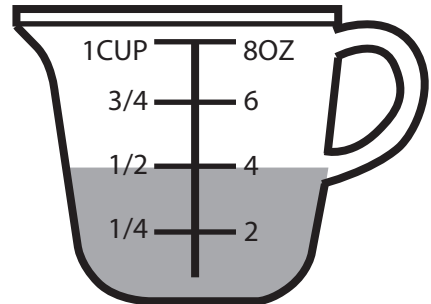


3/4 CUP

Write down the measurement of each measuring cup in cups and liquid ounces.







Using the measuring cups above convert the following:

3/4 CUP = _____ OZ.

8 OZ. = _____ CUPS

1 CUP = _____ OZ.

2 OZ. = _____ CUPS

1/4 CUP = _____ OZ.

4 OZ. = _____ CUPS