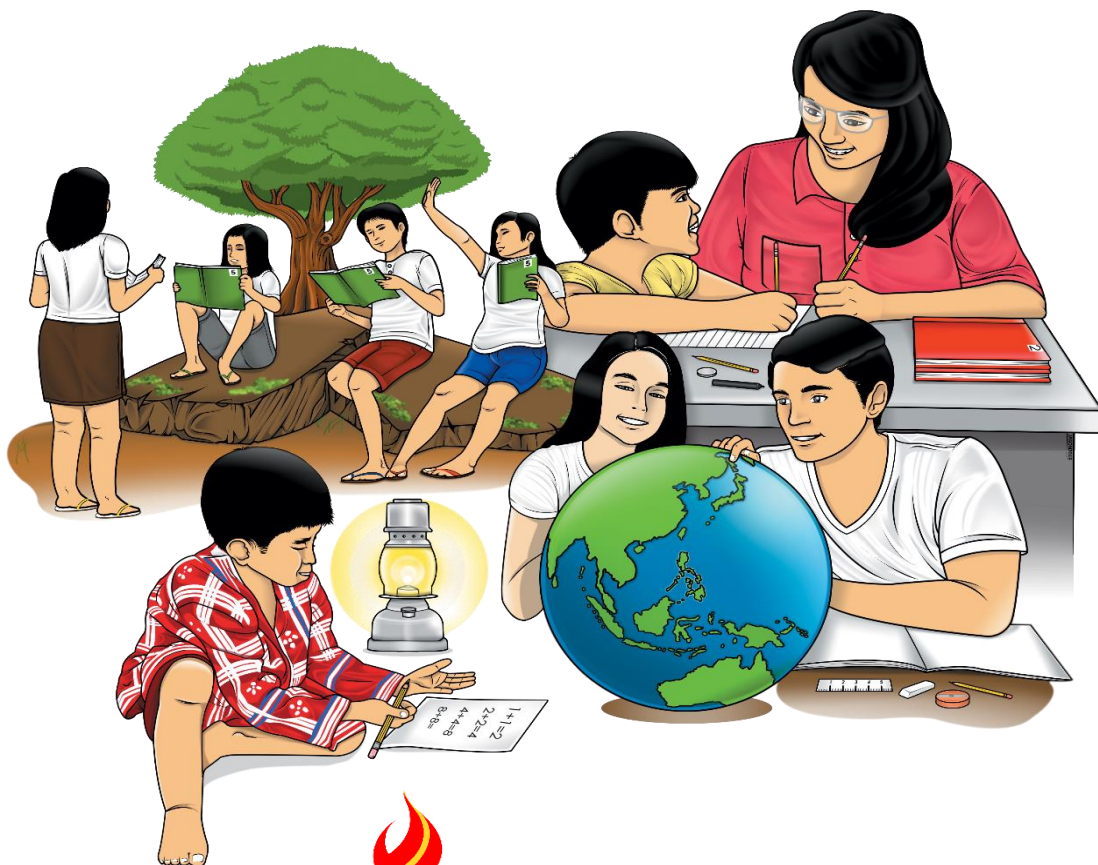


Technology and Livelihood Education

Home Economics - Cookery

Quarter 0 - Module 3.1

Measuring Techniques of Ingredients



Cookery – Grade 8
Alternative Delivery Mode
Quarter 0- Module 3.1: Measuring Techniques of Ingredients
First Edition, 2020

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**Technology and Home
Economics**
Home Economics -Cookery
Quarter 0- Module 3.1
**Measuring Techniques of
Ingredients**

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

This module was designed and written to better measuring techniques of ingredients. It will help the learner master the nature of measuring ingredients. The scope of this module will be used in many different learning situations. The language used recognizes the diverse vocabulary level of learners. The lessons are arranged to follow the standard sequence of the module. But the order of teaching can be changed to correspond with the textbook and references you will be using.

The module has only one lesson namely;

Lesson 3 – Measuring Techniques of Ingredients (TLE_HECK7/8PM-Od-4)

After going through this module, you are expected to:

3.1 Measure ingredients accurately according to recipe standard requirements.



What I Know

Directions: Choose the letter of the correct answer. Write the letter of the correct answer in your activity notebook.

1. A measurement of ingredients which is less than a dash and equivalent to approximately $\frac{1}{16}$ teaspoon.
 - A. jigger
 - B. dash
 - C. pinch
 - D. scant

2. A small amount of an ingredient equivalent to over $\frac{1}{16}$ teaspoon but less than $\frac{1}{8}$ teaspoon when measuring dry ingredients.
 - A. jigger
 - B. dash
 - C. pinch
 - D. scant

3. It is tool used to measure dry and liquid ingredients of lesser quantity?
 - A. measuring cup
 - B. measuring glass
 - C. measuring spoons
 - D. weighing scale

4. It is a tool used to measure the liquid ingredients?
 - A. measuring cup
 - B. measuring glass
 - C. measuring spoons
 - D. weighing scale

5. It is a tool used to measure 2 tablespoons of milk.
 - A. measuring cup
 - B. measuring spoons
 - C. measuring glass
 - D. thermometer

6. A measurement in cooking that is equivalent to 3 tablespoon or $\frac{1}{2}$ fluid ounce
 - A. jigger
 - B. dash
 - C. pinch
 - D. scant

7. It is a tool used to measure $2\frac{3}{4}$ cups of sugar.
 - A. measuring spoon
 - B. measuring glass
 - C. thermometer
 - D. measuring cup

8. An appropriate tool used to measure baking powder.
 - A. measuring cups
 - B. measuring glass
 - C. measuring spoons
 - D. weighing scale

9. A tool used to measure 1 ½ cups of milk?
 - A. measuring cups
 - B. measuring glass
 - C. measuring spoons
 - D. weighing scale

10. A tool used to level when measuring dry ingredients.
 - A. spoon
 - B. spatula
 - C. rubber scraper
 - D. knife

11. Which of the ingredients below need to be pressed when measuring?
 - A. white sugar
 - B. salt
 - C. flour
 - D. brown sugar

12. How do you measure flour accurately?
 - A. scoop the flour into the cups
 - B. sift flour before measuring
 - C. shake the measuring cup before leveling
 - D. level the flour with tines of the fork

13. What is the correct way of measuring liquid?
 - A. reading at the eye level
 - B. reading while the liquid is still moving
 - C. reading above the rim of the liquid
 - D. reading within the rim of the liquid

14. The best way to measure dry ingredients accurately is _____.
 - A. scooping
 - B. spooning
 - C. shoveling
 - D. pouring

15. The best way to measure brown sugar is _____.
 - A. scoop brown sugar in a cup
 - B. heap measuring cup and level
 - C. level brown sugar after heaping
 - D. scoop brown sugar into cup, press and level

Lesson**1****Measuring Techniques of Ingredients*****What's In***

Before you will proceed to the lesson proper, please let us remember first your last week's lesson. Let us have a review by answering the activity below.

Activity:

Directions: To avoid early damage in the tools, how will you sanitize and store the following tools in your kitchen. Write your answers in the activity notebook following the given columns.

| Tools | Proper Sanitation | Proper Storage |
|--------------------|--------------------------|-----------------------|
| 1. measuring glass | | |
| 2. measuring cup | | |
| 3. measuring spoon | | |
| 4. chopping board | | |
| 5. strainer | | |
| 6. pots and pans | | |
| 7. mixing bowl | | |
| 8. ladles | | |
| 9. blender | | |
| 10. electric mixer | | |



What's New

Hello, please sing the song written below. With the title “We can Measure” (Sing to the tune of Jingle Bells)

16 tablespoons are equal to a cup
and 3 teaspoons in $\frac{1}{4}$ cup
When you exactly measure the ingredients
You will surely produce a perfect product.
4 liters more is in 1 galloon
In using a measuring cup, we can measure anything.

Activity:

Directions: Pick out the different measures in the “We can Measure” song. Write your answers in your activity notebook.

| Quantity | Unit of measure |
|----------|-----------------|
| | |
| | |
| | |
| | |
| | |



What is It

Accurate measurement of ingredients is very important. Successful cooking depends on following the recipe correctly. Too much or too little of ingredient affects the taste and outcome of food being prepared.

Measuring Dry and Solid Ingredients

A. Flour

1. Sift the flour to remove lumps.
2. Scoop sifted flour into measuring cup, heaping it well.
3. Level off the cup with spatula or straight-edged utensil.



Images captured by: Nerie Contreras

B. Brown sugar

1. Roll out the lumps.
2. Scoop to measuring cup and packed firmly just enough to hold its shape.
3. Level off with a spatula.



Images captured by: Nerie Contreras

C. White Sugar (for illustration)

1. Fill the cup until overflowing. Do not shake the cup.
2. Level off with a spatula.

D. Baking powder and baking soda (for illustration)

1. Remove the lumps by stirring
2. Dip the measuring spoon into the powder
3. Level with a spatula or with a straight-edge utensil.

E. Margarine and lard (for illustration)

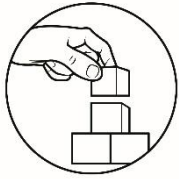
1. Fill the measuring cup with margarine or lard.
2. Press until it is full.
3. Level with a spatula or straight-edge utensil.

F. Liquid (for illustration)

1. Place the measuring glass on the flat surface.
2. Pour the liquid ingredients slowly into the measuring glass until it is at the desired level.
3. Bend down to view the measurement at eye level for an accurate reading. Look at the top of the liquid.

Miscellaneous Measures:

1. Pinch. A measurement used on dry ingredients that is the amount you can pinch between your forefinger and thumb. It is less than a dash and equivalent to approximately 1/16 teaspoon.
2. Dash. A small amount of an ingredient equivalent to over 1/16 teaspoon but less than 1/8 teaspoon when measuring dry ingredients. A dash used to measure liquid ingredients equals approximately 3 drops.
3. Jigger. A measurement equivalent to 3 tablespoons or ½ fluid ounces.
4. Scant. A scant measurement indicates that you should use slightly less than the actual measure.
5. Heaping. Indicating that enough ingredient should be added in the measure so that it heaps over the rim of the measuring cup or spoon.



What's More

Activity 1

Directions: Illustrate the steps in measuring the following ingredients. Use your activity notebook for illustrations.

1. flour
2. brown sugar
3. baking powder
4. milk

Activity 2

Directions: Measure the following ingredients using the given measurements. Rate yourself and please be honest in giving scores. Use the rubrics below for scoring your work.

1. $\frac{1}{2}$ teaspoon salt
2. $\frac{3}{4}$ cup brown sugar
3. $\frac{1}{2}$ cup flour
4. $1 \frac{1}{4}$ cup white sugar
5. $\frac{1}{3}$ cup margarine

| Rubrics for Scoring | |
|---|-------|
| Description | Score |
| Observe the proper way of measuring dry and liquid ingredients accurately with no mistakes | 100 |
| Observe the proper way of measuring dry and liquid ingredients accurately with one mistake | 95 |
| Observe the proper way of measuring dry and liquid ingredients accurately with two mistakes | 90 |
| Observe the proper way of measuring dry and liquid ingredients accurately with three mistakes | 85 |
| Observe the proper way of measuring dry and liquid ingredients accurately with four mistakes | 80 |



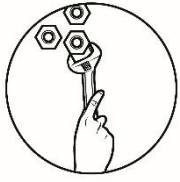
What I Have Learned

To measure your learning and understanding of the lesson, please answer from the box below and write your answers in the activity notebook.

Directions: Fill in the blank with the correct word or group of words. Select the answer from the box below and write your answers in the activity notebook.

1. _____ is a measurement used on dry ingredients that is the amount you can pinch between your forefinger and thumb. It is less than a dash and equivalent to approximately 1/16 teaspoon.
2. _____ is the small amount of an ingredient equivalent to over 1/16 teaspoon but less than 1/8 teaspoon when measuring dry ingredients.
3. _____ is measurement equivalent to 3 tablespoon or ½ fluid ounces.
4. _____ a measurement indicates that you should use slightly less than the actual measure.
5. Bend down to view the measurement of liquid at _____.
6. Sift the flour to remove _____.
7. Lumps in baking powder and baking soda can be removed by _____.
8. Brown sugar must be scooped to measuring cup and _____ to hold its shape.
9. After filling the cup with flour, it should be leveled by _____.
10. In measuring liquid, measuring glass must be placed in _____.

| | | | |
|--------------|-----------|---------|---------------|
| Flat surface | | spatula | packed firmly |
| Stirring | lumps | pinch | dash |
| Scant | eye level | measure | jigger |

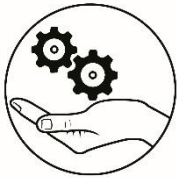


What I Can Do

Activity

Directions: Write the steps of the proper measurement of the ingredients listed below:

1. Brown sugar
2. All-purpose Flour
3. Margarine
4. Milk
5. White sugar



Additional Activities

Activity 1

Directions: Measure the ingredients of a recipe using the ordinary and standard measuring tools. Place them in a separate bowl. After measuring, mix, and set aside.

- 3 cups All Purpose Flour
- 1 1/2 c brown sugar
- 2 tsp baking powder
- 2 tsp baking soda
- 1/3 cup oatmeal
- 1 cup oil
- 1/2 c milk
- 2 cups banana

Question: What are your observations of the volume of the ingredients in using the nonstandard and standard measuring tools? Write your answer in your activity notebook.

Activity 2

Directions: Visit at least two Carenderias in your barangay. Interview the owner on how they measure ingredients. Make a narrative report and write in your activity notebook.



Assessment

Directions: Write the letter of the correct answer in the activity notebook.

1. The ingredient below which need to be pressed when measuring.
 - A. white sugar
 - B. salt
 - C. flour
 - D. brown sugar

2. How do you measure flour accurately?
 - A. scoop the flour into the cups
 - B. sift flour before measuring
 - C. shake the measuring cup before leveling
 - D. level the flour with tines of the fork

3. What is the correct way of measuring liquid?
 - A. reading at the eye level
 - B. reading while the liquid is still moving
 - C. reading above the rim of the liquid
 - D. reading within the rim of the liquid

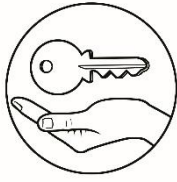
4. The best way to measure flour accurately is?
 - A. scooping
 - B. spooning
 - C. shoveling
 - D. pouring

5. How to measure brown sugar?
 - A. scoop brown sugar in a cup
 - B. heap measuring cup and level
 - C. level brown sugar after heaping
 - D. scoop brown sugar into cup, press and level

6. A measurement of ingredients which is less than a dash and equivalent to approximately 1/16 teaspoon.
 - A. jigger
 - B. dash
 - C. pinch
 - D. scant

7. A small amount of an ingredient equivalent to over 1/16 teaspoon but less than 1/8 teaspoon when measuring dry ingredients.
 - A. jigger
 - B. dash
 - C. pinch
 - D. scant

8. A tool used to measure dry and liquid ingredients of small quantity.
- A. measuring cup
 - B. measuring glass
 - C. measuring spoons
 - D. weighing scale
9. A tool used to measure the volume liquid ingredients.
- A. measuring cups
 - B. measuring glass
 - C. measuring spoons
 - D. weighing scale
10. A tool used to measure 2T of oil.
- A. measuring spoon
 - B. measuring cup
 - C. measuring glass
 - D. thermometer
11. A measurement equivalent to 3 tablespoon or $\frac{1}{2}$ fluid ounces.
- A. jigger
 - B. dash
 - C. pinch
 - D. scant
12. It is a tool used to measure $2\frac{3}{4}$ cups of sugar.
- A. measuring spoon
 - B. measuring glass
 - C. thermometer
 - D. measuring cup
13. An appropriate tool to use if you measure baking powder.
- A. measuring cup
 - B. measuring glass
 - C. measuring spoons
 - D. weighing scale
14. A tool appropriate to use if you measure $1\frac{1}{2}$ cups of milk.
- A. measuring cup
 - B. measuring glass
 - C. measuring spoons
 - D. weighing scale
15. An appropriate tool used to level off in measuring dry ingredients.
- A. spoon
 - B. spatula
 - C. rubber scraper
 - D. knife



Answer Key

| | |
|---------------------|---|
| What I Know | 1. C 2. B 3. C 4. B 5. D 6. A 7. A 8. A 9. A 10. B 11. D 12. A 13. A 14. A 15. D |
| What's New | 1. 16 T 2. 1 C 3. 4 L 4. 1 gal |
| What I Have Learned | 1. pinch 2. Dash 3. Jigger 4. Scant 5. Eye level 6. lumps 7. stirring 8. packed firmly 9. spatula 10. flat surface |
| Assessment | 1. D 2. A 3. A 4. A 5. D 6. C 7. B 8. C 9. B 10. D 11. D 12. A 13. A 14. A 15. B |

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