KITCHEN CALCULATIONS

Part I: DIRECTIONS: Use the table on the left to convert the following measurements. Decide whether to use dry or liquid measurements.

<table>
<thead>
<tr>
<th>Cooking Measurements</th>
<th>1. 8 cups orange juice = _______quarts (qt)</th>
<th>2. 2 tablespoons garlic = _______teaspoons (tsp)</th>
<th>3. 4 tablespoons mustard = _______cup(c)</th>
<th>4. 40 ounces green beans = _______pounds (lb)</th>
<th>5. 2 quarts lowfat milk = _______gallons (gal)</th>
<th>6. 1/2 cup olive oil = _______ounces (oz)</th>
<th>7. 1 pint 100% apple juice = _______ounces (oz)</th>
<th>8. 1/2 gallon lowfat milk = _______cups (c)</th>
<th>9. 1 cup mayonnaise = _______tablespoons (Tbsp)</th>
<th>10. 2 quarts water = _______ounces (oz)</th>
</tr>
</thead>
<tbody>
<tr>
<td>DRY</td>
<td>1 Tbsp = 3 tsp</td>
<td>1/16 cup = 1 Tbsp</td>
<td>1/8 cup = 2 Tbsp</td>
<td>1/4 cup = 4 Tbsp</td>
<td>1/2 cup = 8 Tbsp</td>
<td>16 oz = 1 pound</td>
<td>LIQUID</td>
<td>1 cup = 8 oz</td>
<td>2 cups = 1 pt</td>
<td>2 pt = 1 qt</td>
</tr>
<tr>
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</tr>
</tbody>
</table>

Part II: DIRECTIONS: Refer to the recipe on the right to answer the following questions:

1. If you are making **4 times** this recipe, how much:
   - mayonnaise do you need?___________
   - yogurt do you need?___________
   - dill weed do you need?___________
   - celery salt do you need?___________

2. If you are making **half** of this recipe how much:
   - celery salt do you need?___________
   - dill weed do you need?___________

Creamy Cucumber Dip

**Ingredients:**
- 1/3 cup mayonnaise
- 2/3 cup nonfat plain yogurt
- 1/4 teaspoon dill weed
- 1/2 teaspoon celery salt
- 1/3 cup finely chopped cucumber
- Veggies for dipping, such as peppers, celery or carrot sticks

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.