



Name _____

Date _____

KITCHEN CALCULATIONS

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

Cooking Measurements

DRY

1 Tbsp = 3 tsp

1/16 cup = 1 Tbsp

1/8 cup = 2 Tbsp

1/4 cup = 4 Tbsp

1/2 cup = 8 Tbsp

16 oz = 1 pound

LIQUID

1 cup = 8 oz

2 cups = 1 pt

2 pt = 1 qt

4 cups = 1 qt

4 qt = 1 gal

- 8 cups orange juice = _____ quarts (qt)
- 2 tablespoons garlic = _____ teaspoons (tsp)
- 4 tablespoons mustard = _____ cup(c)
- 40 ounces green beans = _____ pounds (lb)
- 2 quarts lowfat milk = _____ gallons (gal)
- 1/2 cup olive oil = _____ ounces (oz)
- 1 pint 100% apple juice = _____ ounces (oz)
- 1/2 gallon lowfat milk = _____ cups (c)
- 1 cup mayonnaise = _____ tablespoons (Tbsp)
- 2 quarts water = _____ ounces (oz)

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

- 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? _____

- 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

