

KITCHEN CALCULATIONS



Answer Key

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 = 2 quarts (qt)
- 2 tablespoons garlic = 6 teaspoons (tsp)
- 4 tablespoons mustard = 1/4 cup(c)
- 40 ounces green beans = 2 1/2 pounds (lb)
- 2 quarts lowfat milk = 1/2 gallon (gal)
- 1/2 cup olive oil = 4 ounces (oz)
- 1 pint 100% apple juice = 16 ounces (oz)
- 1/2 gallon lowfat milk = 8 cups (c)
- 1 cup mayonnaise = 16 tablespoons (Tbsp)
- 2 quarts water = 64 ounces (oz)

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? 1 1/3 c

yogurt do you need? 2 2/3 c

dill weed do you need? 1 tsp

celery salt do you need? 2 tsp

2. If you are making **half** of this recipe how much:

celery salt do you need? 1/4 tsp

dill weed do you need? 1/8 tsp

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

