

Fun with Measuring

A Youth Activity - Agent Information

Many children love to cook and be a part of putting a meal together. Much of what determines the success of a meal depends on how accurate the ingredients are measured. For instance, the pancake recipe in this activity calls for 1 1/4 cups of flour. If the child uses a liquid measuring cup rather than a dry ingredient measuring cup, too much or not enough flour could easily be measured and the pancakes will not turn out as planned.

Children need to learn the basics of measuring while they're young that they will use in cooking throughout their lives. The success of their recipe will build confidence and pride in their ability to cook. What better way to demonstrate correct measuring methods to children than a fun hands-on activity!

Agents: Below are a few measuring tips to go over with your groups before they begin this activity. The activity is available in both English and Spanish versions.

Measuring Tips:

- Remind children not to pour over the mixing bowl to avoid pouring too much.
- Measure dry ingredients in containers that allow you to level off the ingredients across the top with the flat edge of a knife or the side of a pancake turner.
- Use a dry measuring cup to measure ingredients like flour, sugar, and brown sugar.
- Spoon dry ingredients into a dry measuring cup.
- Use a liquid measuring cup to measure liquid ingredients like milk and water.
- When measuring liquid ingredients, have the children bend down to look at the measuring mark at eye level to be sure the amount is right.



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