

Cooking Measurements

Learn the tools. Put amounts in order. Circle the best tool.

Remember

Measuring spoons



teaspoon (tsp)



tablespoon (tbsp)

Dry measuring cups



$\frac{1}{4}$ cup



$\frac{1}{3}$ cup



$\frac{1}{2}$ cup



1 cup

Fill to the top. Level it off.

Liquid measuring cup



Pour to the line.

Put the amounts in order from least to most. Write 1, 2, 3, 4.

Example

$\frac{1}{2}$ cup

3

1 teaspoon

1

1 cup

4

1 tablespoon

2

1.

$\frac{1}{3}$ cup

$\frac{1}{2}$ cup

$\frac{1}{4}$ cup

1 cup

2.

1 cup

1 tablespoon

$\frac{1}{4}$ cup

1 teaspoon

3.

2 cups

$\frac{1}{2}$ cup

1 tablespoon

$\frac{1}{3}$ cup

Circle the best tool for each amount.

Example



1 teaspoon of salt



teaspoon



1 cup



liquid cup

4.



2 cups of milk



$\frac{1}{2}$ cup



liquid cup



tablespoon

5.



$\frac{1}{2}$ cup of flour



$\frac{1}{4}$ cup



teaspoon



$\frac{1}{2}$ cup

6.



$\frac{1}{3}$ cup of sugar



liquid cup



$\frac{1}{3}$ cup



$\frac{1}{4}$ cup

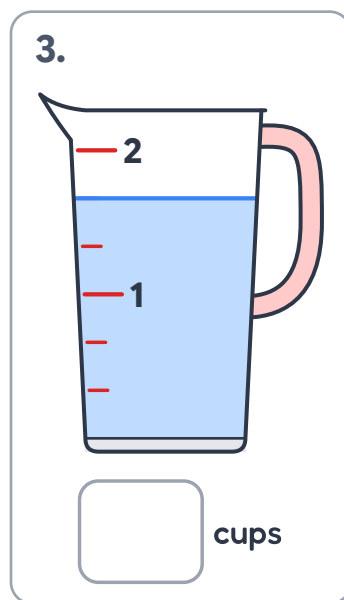
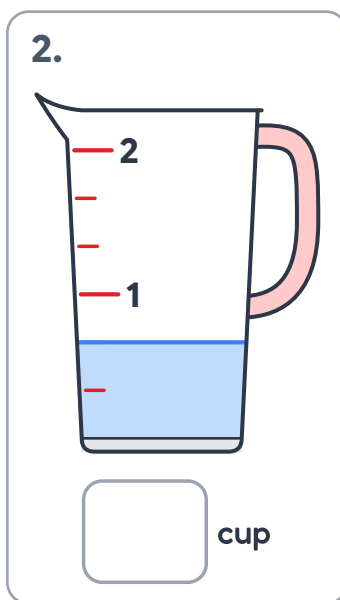
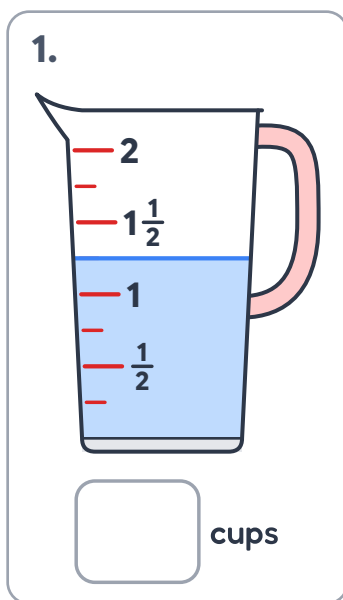
Cooking Measurements

Read each measuring cup. Then color a cup to show an amount.

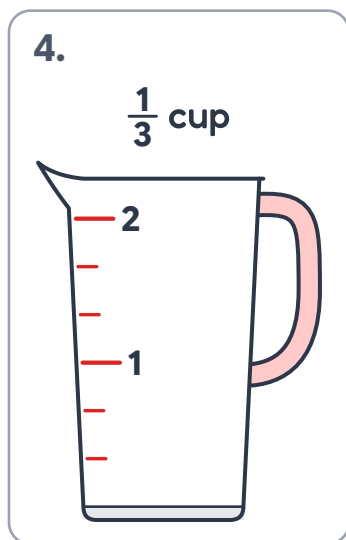
Remember

The marks split each cup into equal parts. Count the parts above the last number. Read the cup where the top of the water is flat.

How much water is in each cup? Write a fraction or a mixed number.



Color the water up to the amount.



Cooking Measurements

Use the chart to change from one unit to another.

Kitchen Equivalents

3 teaspoons = 1 tablespoon

2 tablespoons = 1 fluid ounce

4 tablespoons = $\frac{1}{4}$ cup

2 cups = 1 pint

16 tablespoons = 1 cup

2 pints = 1 quart

8 fluid ounces = 1 cup

4 quarts = 1 gallon

Complete each table. Use the rule above it.

1 tablespoon = 3 teaspoons

tablespoons	1	2	4	___	8
teaspoons	3	___	___	15	___

1 cup = 16 tablespoons

cups	1	2	3	$\frac{1}{2}$	___
tablespoons	16	___	___	___	4

1 cup = 8 fluid ounces

cups	1	2	4	___	$\frac{1}{2}$
fluid ounces	8	___	___	24	___

1 quart = 4 cups

quarts	1	2	3	___	$\frac{1}{2}$
cups	4	___	___	20	___

Compare. Write $>$, $<$ or $=$ in the circle.

Example

1 quart $>$ 3 cups

1. 1 cup $\bigcirc$ 10 fluid ounces

2. 8 tablespoons $\bigcirc$ $\frac{1}{2}$ cup

3. 2 tablespoons $\bigcirc$ 5 teaspoons

4. 12 teaspoons $\bigcirc$ $\frac{1}{4}$ cup

5. 3 pints $\bigcirc$ 1 gallon

6. 1 tablespoon $\bigcirc$ 4 teaspoons

7. 2 cups $\bigcirc$ 12 fluid ounces

Cooking Measurements

Add the scoops. Then measure with the fewest scoops.

Remember

 +  = 

$\frac{1}{4}$
 $\frac{1}{4}$
 $\frac{1}{2}$

$\frac{1}{4}$ cup + $\frac{1}{4}$ cup = $\frac{2}{4}$ cup = $\frac{1}{2}$ cup

 +  +  +  = 

$\frac{1}{4}$
 $\frac{1}{4}$
 $\frac{1}{4}$
 $\frac{1}{4}$
1

Four $\frac{1}{4}$ cups make 1 cup.

Add the scoops. How much is in the bowl?

Example

 +  =

$\frac{3}{4}$ cup

$\frac{1}{2}$
 $\frac{1}{4}$

1.  +  =

cup

$\frac{1}{3}$
 $\frac{1}{3}$

2.  +  =

cups

1
 $\frac{1}{2}$

3.  +  +  =

cups

$\frac{1}{2}$
 $\frac{1}{2}$
 $\frac{1}{4}$

4.  +  +  =

cup

$\frac{1}{3}$
 $\frac{1}{3}$
 $\frac{1}{3}$

5.  +  +  =

cups

$\frac{1}{2}$
 $\frac{1}{2}$
 $\frac{1}{3}$

Use the fewest scoops. Write how many of each cup. Write 0 for none.

Amount	 1	 $\frac{1}{2}$	 $\frac{1}{3}$	 $\frac{1}{4}$	Scoops in all
$1\frac{3}{4}$ cups	1	1	0	1	3
$\frac{2}{3}$ cup					
$1\frac{1}{2}$ cups					
$2\frac{1}{4}$ cups					

Cooking Measurements

Solve each problem. Show your work. Write the answer.

1. Nia needs 2 tablespoons of honey. She only has a teaspoon. How many teaspoons does she use?

Work



Answer

teaspoons

2. Leo pours $\frac{1}{4}$ cup of milk in a bowl, then $\frac{2}{4}$ cup more. How much milk is in the bowl?

Work



Answer

cup

3. Ava fills a big jug with 3 quarts of water for a picnic. How many cups of water is that?

Work



Answer

cups

4. Omar needs 3 cups of flour. He has a $\frac{1}{2}$ cup measure. How many scoops does he need?

Work



Answer

scoops

5. A carton holds 32 fluid ounces of milk. Kim uses 1 cup. How many cups of milk are left?

Work



Answer

cups

6. A stick of butter is 8 tablespoons. Mia needs 1 cup of butter. How many sticks does she need?

Work



Answer

sticks

Cooking Measurements

Learn the tools. Put amounts in order. Circle the best tool.

Remember

Measuring spoons



teaspoon (tsp)



tablespoon (tbsp)

Dry measuring cups



$\frac{1}{4}$ cup



$\frac{1}{3}$ cup



$\frac{1}{2}$ cup



1 cup

Fill to the top. Level it off.

Liquid measuring cup



Pour to the line.

Put the amounts in order from least to most. Write 1, 2, 3, 4.

Example

$\frac{1}{2}$ cup

3

1 teaspoon

1

1 cup

4

1 tablespoon

2

1.

$\frac{1}{3}$ cup

$\frac{1}{2}$ cup

$\frac{1}{4}$ cup

1 cup

2.

1 cup

1 tablespoon

$\frac{1}{4}$ cup

1 teaspoon

3.

2 cups

$\frac{1}{2}$ cup

1 tablespoon

$\frac{1}{3}$ cup

Circle the best tool for each amount.

Example



1 teaspoon of salt



teaspoon



1 cup



liquid cup

4.



2 cups of milk



$\frac{1}{2}$ cup



liquid cup



tablespoon

5.



$\frac{1}{2}$ cup of flour



$\frac{1}{4}$ cup



teaspoon



$\frac{1}{2}$ cup

6.



$\frac{1}{3}$ cup of sugar



liquid cup



$\frac{1}{3}$ cup



$\frac{1}{4}$ cup

Cooking Measurements

Read each measuring cup. Then color a cup to show an amount.

Remember

The marks split each cup into equal parts. Count the parts above the last number. Read the cup where the top of the water is flat.

How much water is in each cup? Write a fraction or a mixed number.

Example



$\frac{3}{4}$ cup

1.



cups

2.



cup

3.



cups

Color the water up to the amount.

4.

$\frac{1}{3}$ cup



5.

$1\frac{1}{4}$ cups



6.

$1\frac{2}{3}$ cups



7.

$\frac{3}{4}$ cup



Cooking Measurements

Use the chart to change from one unit to another.

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cups	1	2	3	$\frac{1}{2}$	___
tablespoons	16	___	___	___	4

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Compare. Write >, < or = in the circle.

Example

1 quart > 3 cups

1. 1 cup ○ 10 fluid ounces

2. 8 tablespoons ○ $\frac{1}{2}$ cup

3. 2 tablespoons ○ 5 teaspoons

4. 12 teaspoons ○ $\frac{1}{4}$ cup

5. 3 pints ○ 1 gallon

6. 1 tablespoon ○ 4 teaspoons

7. 2 cups ○ 12 fluid ounces

Cooking Measurements

Add the scoops. Then measure with the fewest scoops.

Remember

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 +  +  +  = 

$\frac{1}{4}$
 $\frac{1}{4}$
 $\frac{1}{4}$
 $\frac{1}{4}$
1

Four $\frac{1}{4}$ cups make 1 cup.

Add the scoops. How much is in the bowl?

Example

 +  =

$\frac{3}{4}$

cup

$\frac{1}{2}$
 $\frac{1}{4}$

1.  +  =

cup

$\frac{1}{3}$
 $\frac{1}{3}$

2.  +  =

cups

1
 $\frac{1}{2}$

3.  +  +  =

cups

$\frac{1}{2}$
 $\frac{1}{2}$
 $\frac{1}{4}$

4.  +  +  =

cup

$\frac{1}{3}$
 $\frac{1}{3}$
 $\frac{1}{3}$

5.  +  +  =

cups

$\frac{1}{2}$
 $\frac{1}{2}$
 $\frac{1}{3}$

Use the fewest scoops. Write how many of each cup. Write 0 for none.

Amount	 1	 $\frac{1}{2}$	 $\frac{1}{3}$	 $\frac{1}{4}$	Scoops in all
$1\frac{3}{4}$ cups	1	1	0	1	3
$\frac{2}{3}$ cup					
$1\frac{1}{2}$ cups					
$2\frac{1}{4}$ cups					

Cooking Measurements

Solve each problem. Show your work. Write the answer.

1. Nia needs 2 tablespoons of honey. She only has a teaspoon. How many teaspoons does she use?

Work



Answer

teaspoons

2. Leo pours $\frac{1}{4}$ cup of milk in a bowl, then $\frac{2}{4}$ cup more. How much milk is in the bowl?

Work



Answer

cup

3. Ava fills a big jug with 3 quarts of water for a picnic. How many cups of water is that?

Work



Answer

cups

4. Omar needs 3 cups of flour. He has a $\frac{1}{2}$ cup measure. How many scoops does he need?

Work



Answer

scoops

5. A carton holds 32 fluid ounces of milk. Kim uses 1 cup. How many cups of milk are left?

Work



Answer

cups

6. A stick of butter is 8 tablespoons. Mia needs 1 cup of butter. How many sticks does she need?

Work



Answer

sticks

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Measuring spoons



teaspoon (tsp)



tablespoon (tbsp)

Dry measuring cups



$\frac{1}{4}$ cup



$\frac{1}{3}$ cup



$\frac{1}{2}$ cup



1 cup

Fill to the top. Level it off.

Liquid measuring cup



Pour to the line.

Put the amounts in order from least to most. Write 1, 2, 3, 4.

Example

$\frac{1}{2}$ cup

3

1 teaspoon

1

1 cup

4

1 tablespoon

2

1.

$\frac{1}{3}$ cup

2

$\frac{1}{2}$ cup

3

$\frac{1}{4}$ cup

1

1 cup

4

2.

1 cup

4

1 tablespoon

2

$\frac{1}{4}$ cup

3

1 teaspoon

1

3.

2 cups

4

$\frac{1}{2}$ cup

3

1 tablespoon

1

$\frac{1}{3}$ cup

2

Circle the best tool for each amount.

Example



1 teaspoon of salt



teaspoon



1 cup



liquid cup

4.



2 cups of milk



$\frac{1}{2}$ cup



liquid cup



tablespoon

5.



$\frac{1}{2}$ cup of flour



$\frac{1}{4}$ cup



teaspoon



$\frac{1}{2}$ cup

6.



$\frac{1}{3}$ cup of sugar



liquid cup



$\frac{1}{3}$ cup



$\frac{1}{4}$ cup

Cooking Measurements

Read each measuring cup. Then color a cup to show an amount.

Remember

The marks split each cup into equal parts. Count the parts above the last number. Read the cup where the top of the water is flat.

How much water is in each cup? Write a fraction or a mixed number.

Example



$\frac{3}{4}$ cup

1.



$1\frac{1}{4}$ cups

2.



$\frac{2}{3}$ cup

3.



$1\frac{2}{3}$ cups

Color the water up to the amount.

4.

$\frac{1}{3}$ cup



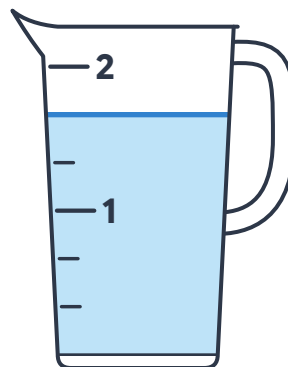
5.

$1\frac{1}{4}$ cups



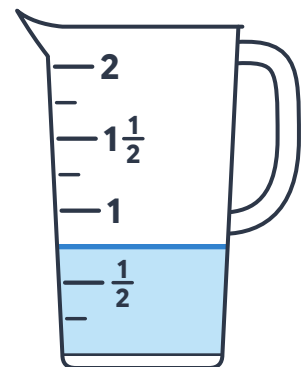
6.

$1\frac{2}{3}$ cups



7.

$\frac{3}{4}$ cup



Cooking Measurements

Use the chart to change from one unit to another.

Kitchen Equivalents

3 teaspoons = 1 tablespoon

4 tablespoons = $\frac{1}{4}$ cup

16 tablespoons = 1 cup

8 fluid ounces = 1 cup

2 tablespoons = 1 fluid ounce

2 cups = 1 pint

2 pints = 1 quart

4 quarts = 1 gallon

Complete each table. Use the rule above it.

1 tablespoon = 3 teaspoons

tablespoons	1	2	4	<u>5</u>	8
teaspoons	3	<u>6</u>	<u>12</u>	15	<u>24</u>

1 cup = 16 tablespoons

cups	1	2	3	$\frac{1}{2}$	$\frac{1}{4}$
tablespoons	16	<u>32</u>	<u>48</u>	<u>8</u>	4

1 cup = 8 fluid ounces

cups	1	2	4	<u>3</u>	$\frac{1}{2}$
fluid ounces	8	<u>16</u>	<u>32</u>	24	<u>4</u>

1 quart = 4 cups

quarts	1	2	3	<u>5</u>	$\frac{1}{2}$
cups	4	<u>8</u>	<u>12</u>	20	<u>2</u>

Compare. Write $>$, $<$ or $=$ in the circle.

Example

1 quart $>$ 3 cups

1. 1 cup $<$ 10 fluid ounces

2. 8 tablespoons $=$ $\frac{1}{2}$ cup

3. 2 tablespoons $>$ 5 teaspoons

4. 12 teaspoons $=$ $\frac{1}{4}$ cup

5. 3 pints $<$ 1 gallon

6. 1 tablespoon $<$ 4 teaspoons

7. 2 cups $>$ 12 fluid ounces

Cooking Measurements

Add the scoops. Then measure with the fewest scoops.

Remember

$$\frac{1}{4} + \frac{1}{4} = \frac{1}{2}$$

$$\frac{1}{4} \text{ cup} + \frac{1}{4} \text{ cup} = \frac{2}{4} \text{ cup} = \frac{1}{2} \text{ cup}$$

$$\frac{1}{4} + \frac{1}{4} + \frac{1}{4} + \frac{1}{4} = 1$$

$$\text{Four } \frac{1}{4} \text{ cups make 1 cup.}$$

Add the scoops. How much is in the bowl?

Example

$$\frac{1}{2} + \frac{1}{4} = \frac{3}{4} \text{ cup}$$

$$1. \quad \frac{1}{3} + \frac{1}{3} = \frac{2}{3} \text{ cup}$$

$$2. \quad 1 + \frac{1}{2} = 1\frac{1}{2} \text{ cups}$$

$$3. \quad \frac{1}{2} + \frac{1}{2} + \frac{1}{4} = 1\frac{1}{4} \text{ cups}$$

$$4. \quad \frac{1}{3} + \frac{1}{3} + \frac{1}{3} = 1 \text{ cup}$$

$$5. \quad \frac{1}{2} + \frac{1}{2} + \frac{1}{3} = 1\frac{1}{3} \text{ cups}$$

Use the fewest scoops. Write how many of each cup. Write 0 for none.

Amount	 1	 $\frac{1}{2}$	 $\frac{1}{3}$	 $\frac{1}{4}$	Scoops in all
$1\frac{3}{4}$ cups	1	1	0	1	3
$\frac{2}{3}$ cup	0	0	2	0	2
$1\frac{1}{2}$ cups	1	1	0	0	2
$2\frac{1}{4}$ cups	2	0	0	1	3

Cooking Measurements

Solve each problem. Show your work. Write the answer.

1. Nia needs 2 tablespoons of honey. She only has a teaspoon. How many teaspoons does she use?

Work

$$\begin{aligned} 1 \text{ tablespoon} &= 3 \text{ teaspoons} \\ 2 \times 3 &= 6 \end{aligned}$$



Answer

6

teaspoons

2. Leo pours $\frac{1}{4}$ cup of milk in a bowl, then $\frac{2}{4}$ cup more. How much milk is in the bowl?

Work

$$\frac{1}{4} + \frac{2}{4} = \frac{3}{4}$$



Answer

$\frac{3}{4}$

cup

3. Ava fills a big jug with 3 quarts of water for a picnic. How many cups of water is that?

Work

$$\begin{aligned} 1 \text{ quart} &= 4 \text{ cups} \\ 3 \times 4 &= 12 \end{aligned}$$



Answer

12

cups

4. Omar needs 3 cups of flour. He has a $\frac{1}{2}$ cup measure. How many scoops does he need?

Work

$$\begin{aligned} 2 \text{ scoops of } \frac{1}{2} \text{ cup} &= 1 \text{ cup} \\ 3 \times 2 &= 6 \end{aligned}$$



Answer

6

scoops

5. A carton holds 32 fluid ounces of milk. Kim uses 1 cup. How many cups of milk are left?

Work

$$\begin{aligned} 1 \text{ cup} &= 8 \text{ fluid ounces} \\ 32 \div 8 &= 4 \\ 4 - 1 &= 3 \end{aligned}$$



Answer

3

cups

6. A stick of butter is 8 tablespoons. Mia needs 1 cup of butter. How many sticks does she need?

Work

$$\begin{aligned} 1 \text{ cup} &= 16 \text{ tablespoons} \\ 16 \div 8 &= 2 \end{aligned}$$



Answer

2

sticks