Measurement Standards

Abbreviations
Directions: Most recipes use symbols and abbreviations for units of measurement. For each symbol or abbreviation given below, write out the word or words it stands for.

1. T or Tbsp.
2. t or tsp.
3. c.
4. pt.
5. qt.
6. gal.
7. oz.
8. lb.
9. f.g.
10. L or l

Equivalents
Directions: In food preparation, it is important to apply the standards of measurement. Complete each of the following by placing the correct answer in the blank.

11. 1 T = __________ tsp.
12. 1 cup = __________ tablespoons
13. 1 cup = __________ fluid ounces
14. 1 pound = __________ ounces
15. 1 gallon = __________ quarts
16. 1 quart = __________ pints
17. 1 cup = __________ teaspoons
18. 1 gallon = __________ cups
19. ½ tablespoons = __________ teaspoons
20. 1 quart = __________ cups
21. ¼ cup = __________ fluid ounces
22. 2 tablespoons = __________ fluid ounces
23. 75 tsp. = __________ T
24. 1 pt. = __________ fluid oz.
25. ½ lb. = __________ oz.
26. 12 fluid oz. = __________ cup(s)
27. 40 oz. = __________ lb.
28. 2 qt. = __________ T
29. ¼ cup = __________ T
30. 1 stick of margarine = __________ cup(s)

Directions: Double the following ingredients for a recipe using the space to the right of the ingredients.

31. 1 ½ cups of flour
32. 2 tsp. baking powder
33. 1 ½ T. sugar
34. 1 egg
35. ¾ cup milk