

Common Abbreviations and Kitchen Measurements

How many do you know???

CUSTOMARY (Used by United States)

- Teaspoon:
 - t or tsp
- Tablespoon:
 - T or Tbsp
- Cup:
 - c



CUSTOMARY (Used by United States)

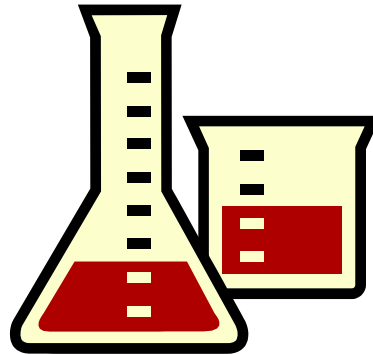
- Pint
 - pt
- Quart
 - qt
- Gallon
 - gal
- Ounce
 - Oz
- Fluid Ounce
 - fl oz
- Pound
 - lb
- Degrees Fahrenheit
 - °F



METRIC

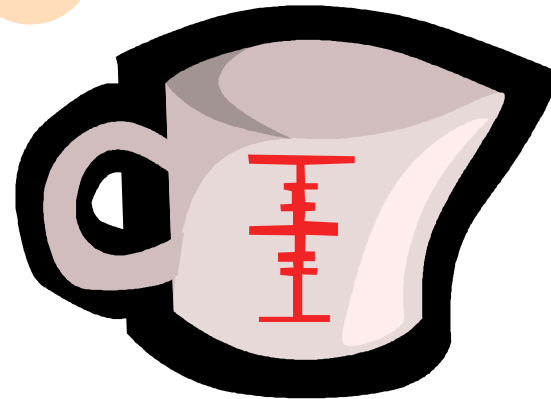
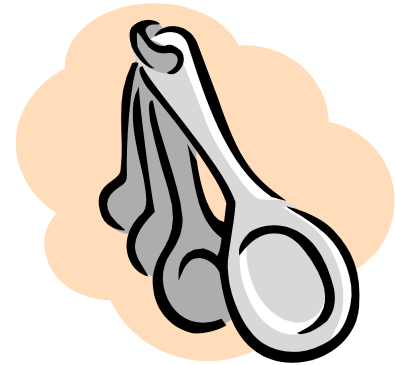
(used by the rest of the world)

- Millimeter
 - mm
- Liter
 - L
- Milliliter
 - mL
- Gram
 - g
- Degrees Celcius
 - °C



Kitchen Measurements

- 1 T =
 - 3 t
- 1 C =
 - 16 T
- 1 C =
 - 8 fl oz
- 1 pt =
 - 2 c



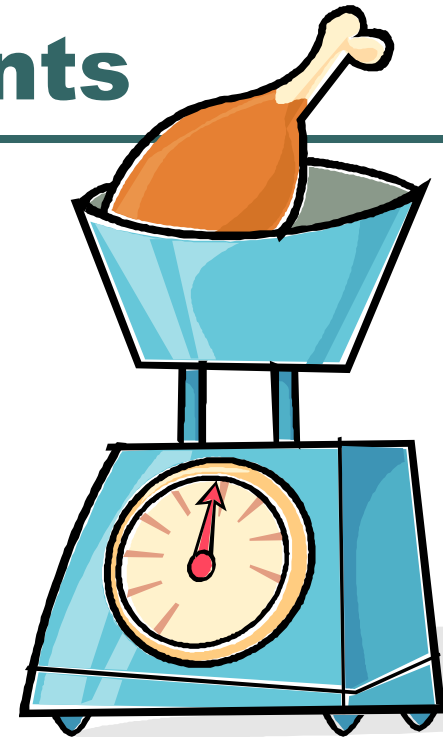
Kitchen Measurements

- 1 gal =
 - 16 c
- 1 qt =
 - 4 c
- $\frac{1}{4}$ C =
 - 4 T



Kitchen Measurements

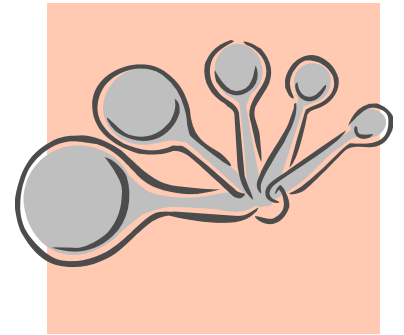
- 1 lb =
 - 16 oz
- $\frac{1}{2}$ fl oz =
 - 1 T
- Approximately $\frac{1}{8}$ tsp =
 - Dash
- Less than $\frac{1}{8}$ tsp =
 - pinch
- $\frac{1}{8}$ c =
 - 2 T



STANDARD U.S. MEASURING SETS

- Measuring spoons:

$\frac{1}{4}$ t, $\frac{1}{2}$ t, 1 t, $\frac{1}{2}$ T, 1 T



- Measuring cups:

$\frac{1}{4}$ c, $\frac{1}{3}$ c, $\frac{1}{2}$ c, 1 c



YIELD=SERVINGS PREPARED OR AMOUNT THE RECIPE MAKES

To adjust servings/yield:

$$\frac{\text{Servings Needed}}{\text{Servings in Recipe}}$$

EXAMPLE

Your recipe makes 4 servings,
but you only need 2.

$$\frac{\text{Servings Needed}}{\text{Servings in Recipe}}$$

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

- Reduce the fraction and multiply each ingredient by $\frac{1}{2}$

More Practice . . .

Original Recipe= 4 servings	Plan for= 2 servings	8 servings	6 servings
1 C flour	$\frac{1}{2}$ C	2 c	1 $\frac{1}{2}$ C
$\frac{3}{4}$ c sugar	$\frac{1}{4}$ c 2 T	1 $\frac{1}{2}$ c	1 c 2 T
1 T butter	$\frac{1}{2}$ T	2 T	1 $\frac{1}{2}$ T
$\frac{1}{4}$ t salt	$\frac{1}{8}$ t (dash)	$\frac{1}{2}$ t	$\frac{3}{8}$ t = $\frac{1}{4}$ t 1 dash