



**Subject:** Baking Measurements

**Activity:** Level Headed on Liquids. Get comfortable accurately measuring liquids

**Resources required:** Three, 2-cup liquid measuring cups; one 1-cup dry measuring cup; colored water

**Introduction:** Groove two good habits for liquid measurement: Set the liquid measure on a level surface to view amount and avoid using dry measuring cups

**Directions:** Compare the results achieved when liquids are measured using three different commonly used methods.

Beaker/cup #1: Measure 2 cups colored water in a liquid measuring cup placed on a flat surface and viewed at eye level (Test kitchen method)

Beaker/cup #2: Hold the second measuring cup in hand and measure 2 cups; set down on counter next to first beaker/cup. Do not adjust.

Beaker/cup #3: Fill a 1 cup dry measuring cup until it is just ready to overflow. Pour into the third 2-cup liquid beaker/cup. Repeat to measure "2 cups"

**Evaluate results:** How much difference is there? (May need to use measuring spoons to add or remove water until levels are the same to determine.) How much difference can 1 tablespoon more or less than the recipe make? (A: 1 tablespoon extra liquid can collapse a cake, quick bread or bread machine bread)

**Critical Thinking:** Why are grated carrots, sweet potato, banana and apples considered liquids in baking? (A: They are all over 80% water!)

HBA Resource: A Bakers Dozen Labs,  
Lab #9. HomeBaking.org



**MINUTE ACTIVITIES**

PAGE 36