**Cooking and Nutrition**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class Period: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Kitchen Measuring Demonstration**

1. Name the two types of ingredients that we measure.

1. b.

2. Measuring Methods:

a. shortening, butter, peanut butter

1.

2.

3.

b. Sugar and salt (small amounts)

c. Brown Sugar

d. Eggs

e. herbs and spices

f. Flour

g. Oils and liquids