**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