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
- ¼ c = 4 T
Kitchen Measurements

- 1 lb =
  - 16 oz
- ½ fl oz =
  - 1 T
- Approximately 1/8 tsp =
  - Dash
- Less than 1/8 tsp =
  - pinch
- 1/8 c =
  - 2 T
STANDARD U.S. MEASURING SETS

- Measuring spoons:
  \[\frac{1}{4} \text{ t}, \frac{1}{2} \text{ t}, 1 \text{ t}, \frac{1}{2} \text{ T}, 1 \text{ T}\]

- Measuring cups:
  \[\frac{1}{4} \text{ c}, \frac{1}{3} \text{ c}, \frac{1}{2} \text{ c}, 1 \text{ c}\]
YIELD = SERVINGS PREPARED OR AMOUNT THE RECIPE MAKES

To adjust servings/yield:

Servings Needed
Servings in Recipe
EXAMPLE

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

**Servings Needed**
Servings in Recipe

\[
\frac{2}{4}
\]

- Reduce the fraction and multiply each ingredient by \( \frac{1}{2} \)
<table>
<thead>
<tr>
<th>Original Recipe= 4 servings</th>
<th>Plan for=</th>
<th>2 servings</th>
<th>8 servings</th>
<th>6 servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 C flour</td>
<td>½ c</td>
<td>2 c</td>
<td>1 ½ c</td>
<td></td>
</tr>
<tr>
<td>¾ c sugar</td>
<td>¼ c 2 T</td>
<td>1 ½ c</td>
<td>1 c 2 T</td>
<td></td>
</tr>
<tr>
<td>1 T butter</td>
<td>½ T</td>
<td>2 T</td>
<td>1 ½ T</td>
<td></td>
</tr>
<tr>
<td>¼ t salt</td>
<td>1/8 t (dash)</td>
<td>½ t</td>
<td>3/8 t = ¼ t 1 dash</td>
<td></td>
</tr>
</tbody>
</table>