

# ***Common Abbreviations and Kitchen Measurements***

How many do you know???

# CUSTOMARY (Used by United States)

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



# CUSTOMARY (Used by United States)

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

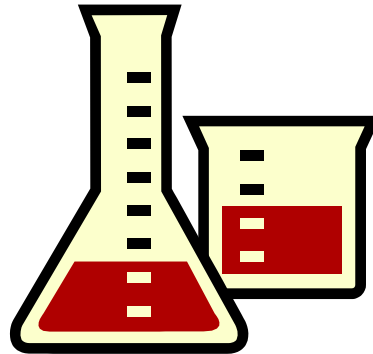


# METRIC

## (used by the rest of the world)

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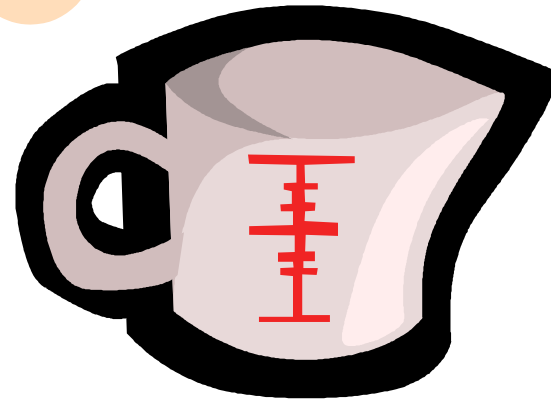
- Millimeter
  - mm
- Liter
  - L
- Milliliter
  - mL
- Gram
  - g
- Degrees Celcius
  - °C



# Kitchen Measurements

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



# Kitchen Measurements

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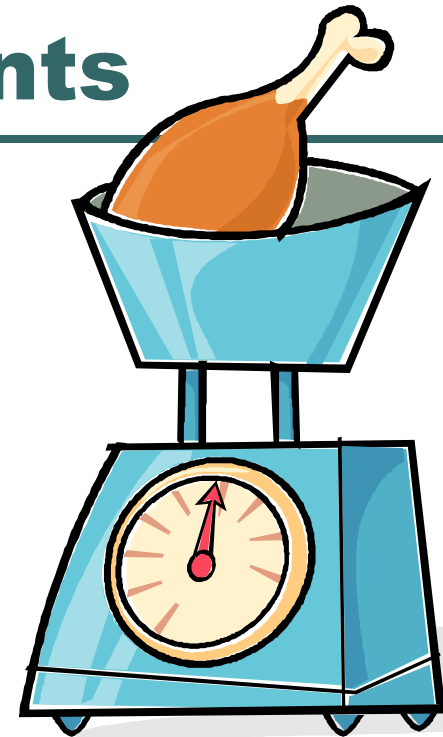
- 1 gal =
  - 16 c
- 1 qt =
  - 4 c
- $\frac{1}{4}$  C =
  - 4 T



# Kitchen Measurements

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- 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

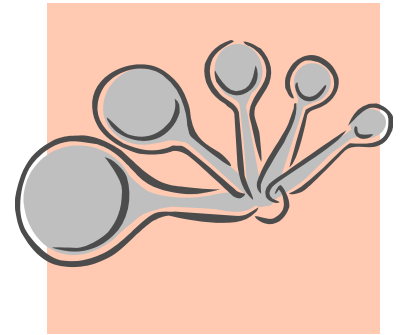


# STANDARD U.S. MEASURING SETS

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- 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**

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To adjust servings/yield:

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

## EXAMPLE

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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