Parkinson Memorial School
Food Nutrition and Health

Weighing and Measuring
1st Year

Name: ..... Form: ..... Date: .....

Answer all the questions.

1. **Which cup is used for measuring liquids?** _____ **(2marks)**

2. **Calculate the amounts to find out how much?**

a. ¼ c. + ½ c. = cup = oz.
b. 1/3 c. + 1/3 c. = cup = oz.
c. ½ c. + ½ c. = cup = oz.
d. 1/8c. + 1/8 c. = cup = oz.
e. ¼ c. +3/4c. = cup = oz.

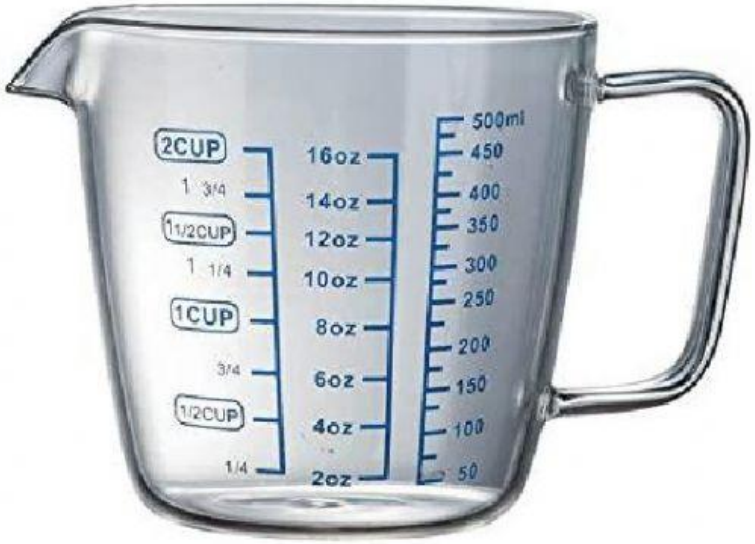
(10 marks)

3. **List five ingredients that can be measured using the dry measuring cups?**

a. _____
b. _____
c. _____
d. _____
e. _____

(5 marks)

4. Identify the following measurements in oz. using the measuring cup provided below:



a. 2 cups = oz.

b. 1 ½ cups = oz.

c. 1 cup = oz.

d. ¾ cup = oz.

e. ½ cup = oz.

f. ¼ cup = oz.

g. 1 ¼ cup = oz.

h. 1 ¾ cup = oz.

(8 marks)

Total 25 marks