

**Study the following.**

The following are units of capacity or volume for the US Measurement system that are used in cooking recipes.

teaspoon (**tee**-spoon) - the amount that a regular spoon holds.

tablespoon (**tay**-buhl-spoon) - the amount that a soup or large spoon holds

cup (**kuhp**) - the amount of water that you could hold in your two cupped hands.

fluid (**floo**-id) - a fluid is a liquid like water or oil. (I poured the fluid into a measuring cup.)

fluidounce (**ounss**) - the amount 2 soup or 2 large spoons hold. A fluid ounce and an ounce are different so don't confuse the two. An ounce is weight, and a fluid ounce is volume of a liquid.

**Say each word out loud and write it in the blank.**

teaspoon \_\_\_\_\_

tablespoon \_\_\_\_\_

cup \_\_\_\_\_

fluid \_\_\_\_\_

ounce \_\_\_\_\_

**Write each definition in your own words.**

teaspoon

tablespoon

cup

fluid

ounce

**Write one sentence using each word.**

teaspoon

1.

tablespoon

1.

cup

1.

fluid

1.

fluidounce

1.

**Matching.**

teaspoon

a liquid

tablespoon

the amount of liquid you can hold in two cupped hands

cup

the amount a regular spoon holds

fluid

the amount two soup spoons hold

fluidounce

the amount one soup spoon holds

**Study the following.**

3 teaspoons = 1 tablespoon

2 tablespoons = 1 fluidounce

8 fluidounces = 1 cup

16 tablespoons = 1 cup

**Matching**

- |                |              |
|----------------|--------------|
| 3 teaspoons    | 1 cup        |
| 2 tablespoons  | 1 cup        |
| 8 fluidounces  | 1 tablespoon |
| 16 tablespoons | 1 fluidounce |

**Study the following abbreviations.**

teaspoon (tsp) or (t)

tablespoon (tbsp) or (T)

cup (c)

fluidounce (fl oz)

**Write the following numbers with the abbreviations for the units.**

1. 3 teaspoons \_\_\_\_\_
2. 2 tablespoons \_\_\_\_\_
3. 6 cups \_\_\_\_\_
4. 4 fluidounces \_\_\_\_\_

**Fill in the blanks with the correct number, and use the abbreviation for each unit.**

1. 1 cup = \_\_\_\_\_ or \_\_\_\_\_
2. 1 fluidounce = \_\_\_\_\_
3. 1 tablespoon = \_\_\_\_\_

**Find 5 food or drink containers, that are labeled in fluid ounces.**

	Container	Fluid ounces
1		
2		
3		
4		
5		

**Get the following from your kitchen.**

- 1. A 1 cup measuring cup.**
- 2. a measuring spoon that is labeled a teaspoon.**
- 3. a measuring spoon that is labeled a tablespoon .**
- 4. a container or measuring cup that is marked in fluid ounces.**

**(It may just say ounces.)**

**Find containers of different sizes.**

**Fill the 1 cup measuring cup with water, and pour it into a container.**

**Keep doing this until you have filled the container, counting as you go.**

**Write down the results below. You will have found the capacity in cups.**

	Container (mugs, drinking glasses, Tupperware containers.)	Capacity in cups
1.		
2.		
3.		
4.		
5.		

**Using the teaspoon, do the same as above, finding the capacity in teaspoons.**

	Small containers, jar lids, serving spoons	Capacity in teaspoons
1.		
2.		
3.		
4.		
5.		

**Using the tablespoon, do the same as above, finding the capacity in tablespoons.**

	Small containers, jar lids, serving spoons	Capacity in tablespoons
1.		
2.		
3.		
4.		
5.		

**Use the measuring cup marked in fluidounces to find the capacity in fluidounces.**

	Small containers, drinking glasses, jars	Capacity in fluidounces.
1.		
2.		
3.		
4.		
5.		

**Now before you measure, take a guess of the capacity. Write it down. Then find the capacity and write it down.**

**Guess and measure 5 containers in cups.**

	container	guess	Capacity in cups
1.			
2.			
3.			
4.			
5.			

**Guess and measure 5 containers in teaspoons.**

	container	guess	Capacity in teaspoons
1.			
2.			
3.			
4.			
5.			

**Guess and measure 5 containers in tablespoons.**

	container	guess	Capacity in tablespoons
1.			
2.			
3.			
4.			
5.			

**Guess and measure 5 containers in fluidounces.**

	container	guess	Capacity in fluidounces
1.			
2.			
3.			
4.			
5.			

**Review. Fill in the blanks.**

1. 1 cup = \_\_\_\_\_ or \_\_\_\_\_
2. 1 tablespoon = \_\_\_\_\_
3. 1 fluidounce = \_\_\_\_\_
4. The abbreviation for teaspoons is \_\_\_\_\_ or \_\_\_\_\_.
5. The abbreviation for tablespoons is \_\_\_\_\_ or \_\_\_\_\_.
6. The abbreviation for cups is \_\_\_\_\_.
7. The abbreviation for fluidounces is \_\_\_\_\_.