🥄 Measuring & Ingredients Notes · ANSWER KEY

Culinary 1 · Unit 2 · Level 2 guided notes. Use with the slides and videos.

Name: _____ Date: _____ Period: _____

Fill in each blank with a word from the word bank in that box. Each word is used one time.

🧰 A. Words to Know

1. 🧺 **Mise en place** means everything in its **place**. Set out all ingredients and tools before you cook.
2. 🧈 **Creaming** means beat fat and **sugar** with a mixer until light and fluffy.
3. 📜 **Parchment paper** goes on the pan so cookies don't **stick**.

Word bank: **place** · **sugar** · **stick**

🥄 B. Measuring

4. 🥄 3 teaspoons = 1 **tablespoon**.
5. 🥣 16 tablespoons = 1 **cup**.
6. 🥛 1 cup = **8** ounces.
7. Measure milk or water in a clear **liquid** measuring cup. Read it at **eye** level.
8. To measure flour: fluff, scoop, and **level**.

Word bank: **tablespoon** · **cup** · **8** · **liquid** · **eye** · **level**

9. Draw a line from the short word to the long word.

(Key: tsp → teaspoon · Tbsp → tablespoon · c → cup · oz → ounce)

tsp	cup
Tbsp	ounce
c	teaspoon
oz	tablespoon

⚙️ C. What Ingredients Do (Function)

10. Draw a line from each ingredient to its job.

(Key: flour → structure · fat → tender + flavor · sugar → sweet + browning · eggs → moisture + structure · baking soda/powder → makes it rise · salt → flavor)

🌾 Flour	Makes it rise
🧈 Fat (butter, shortening)	Flavor
🍬 Sugar	Structure: holds it together
🥚 Eggs	Sweet + browning
🫧 Baking soda / baking powder	Moisture + structure
🧂 Salt	Tender + flavor

11. Leavening agents make gas, so baked food can **rise** .

12. Cake flour has the **least** protein. Bread flour has the most.

Word bank: **rise** **least**

🍪 D. Cookies

13. Our chocolate chip cookies are **drop** cookies (we scoop the dough onto the pan).

14. Bake **one** pan at a time on the middle rack. Warm pans make cookies **spread** .

Word bank: **drop** **one** **spread**

15. **The creaming method.** Number the steps 1 to 5.

4 Add dry ingredients to wet, a little at a time.

1 Beat fat and sugar with a mixer.

5 Stir in chocolate chips.

2 Add eggs one at a time. Mix until smooth.

3 Mix dry ingredients in another bowl.

Level 2 version of the gen ed “Vocab & Study Questions: Measuring & Function of Ingredients.”