

Weighing and measuring

Use equipment in your kitchen to help you to complete the following tasks:

1) Liquids: The cup holds _____ ml . There are _____ lines between 100 and 200 ml. 1L is _____ ml. To measure liquid accurately I need to



2) Scales: A small bowl weighs _____ g. A knife, fork and spoon weigh _____ g. The biggest weight on the scales is _____. When weighing I need to



3) Measuring with spoons I can fit _____ teaspoons in 1 dessert spoon. I can fit _____ teaspoons in 1 tablespoon. If 1 teaspoon is 5ml a dessert spoon is ____ ml and a tablespoon is ____ ml.



4) Metric and imperial: There are _____ g in 1 oz. There are _____ oz in 1lb and _____ g in kg. 1 pint is 568ml. We now use metric because

Cooking : Cooker Activities

1. Name 3 examples of food that can be cooked on the hob
2. A safety rule for using the hob is
3. Name 2 examples of snacks that can be cooked under the grill
4. A safety rule for using the grill is
5. Name 4 dishes that can be baked in the oven
6. Oven temperatures range from _____ °C for a cool oven to _____ °C for a hot oven.
7. A safety rule for using the oven is

