

Chapter 1: Weights & Measures



FoodMASTER

Food, Math, and Science Teaching Enhancement Resource
Supported by NIH Science Education Partnership Award (SEPA)





Food Explorations

Lab I:

Mastering Measurements

Lab I: Mastering Measurements



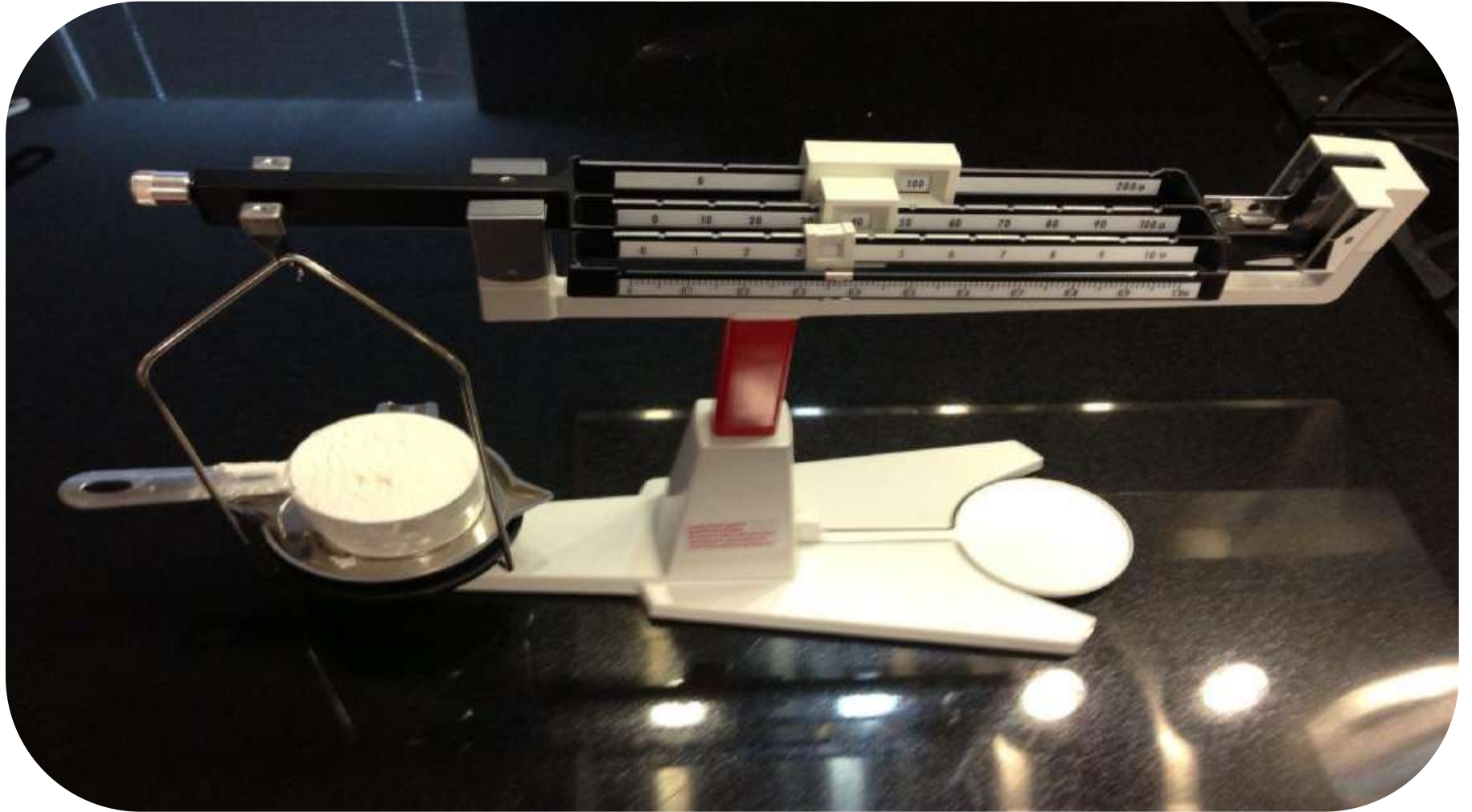
Getting started... What to Expect in Lab I

Lab I: Mastering Measurements



Spooned Flour

Lab I: Mastering Measurements



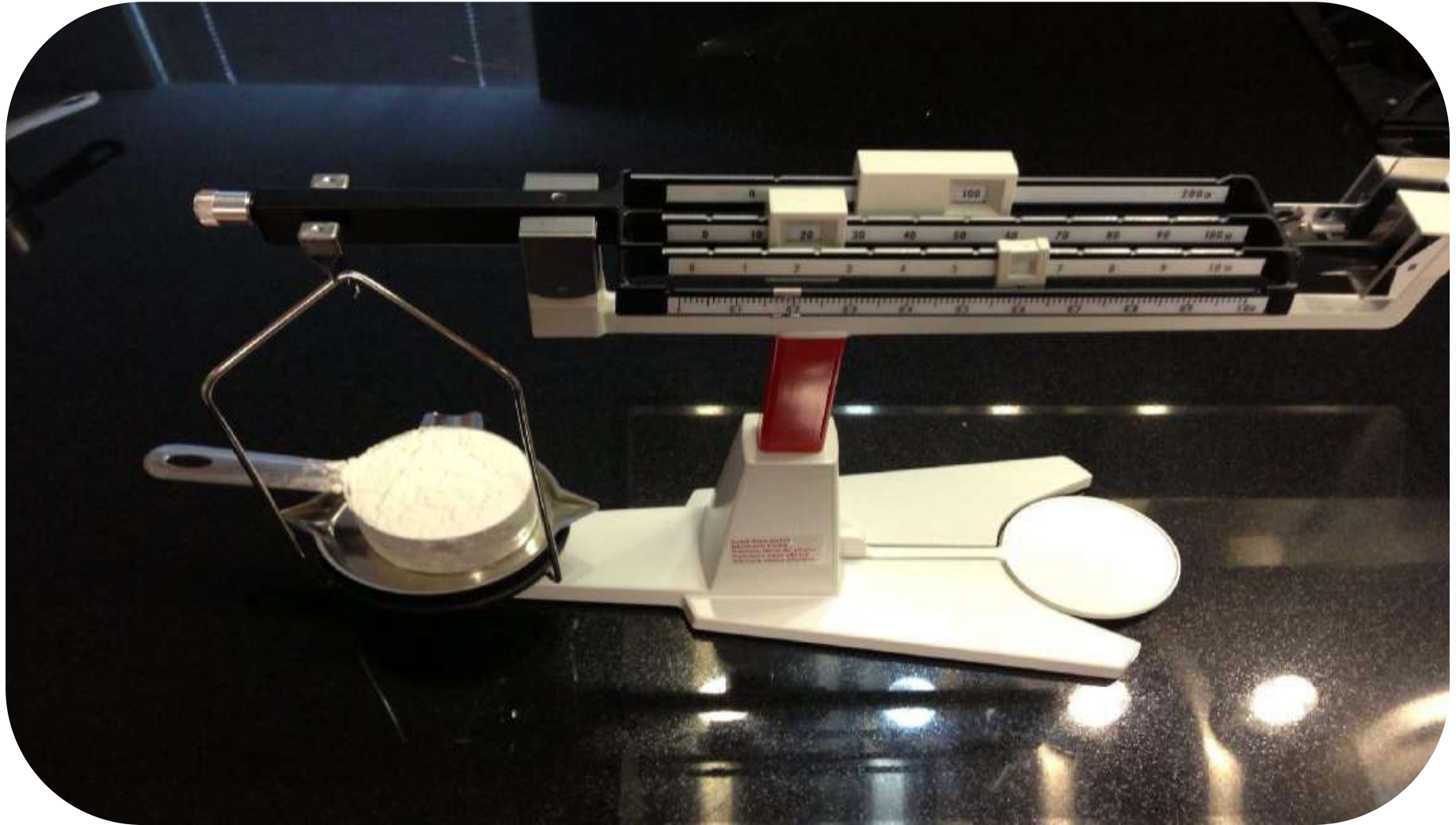
Weighing Spooned Flour

Lab I: Mastering Measurements



Sifted Flour

Lab I: Mastering Measurements



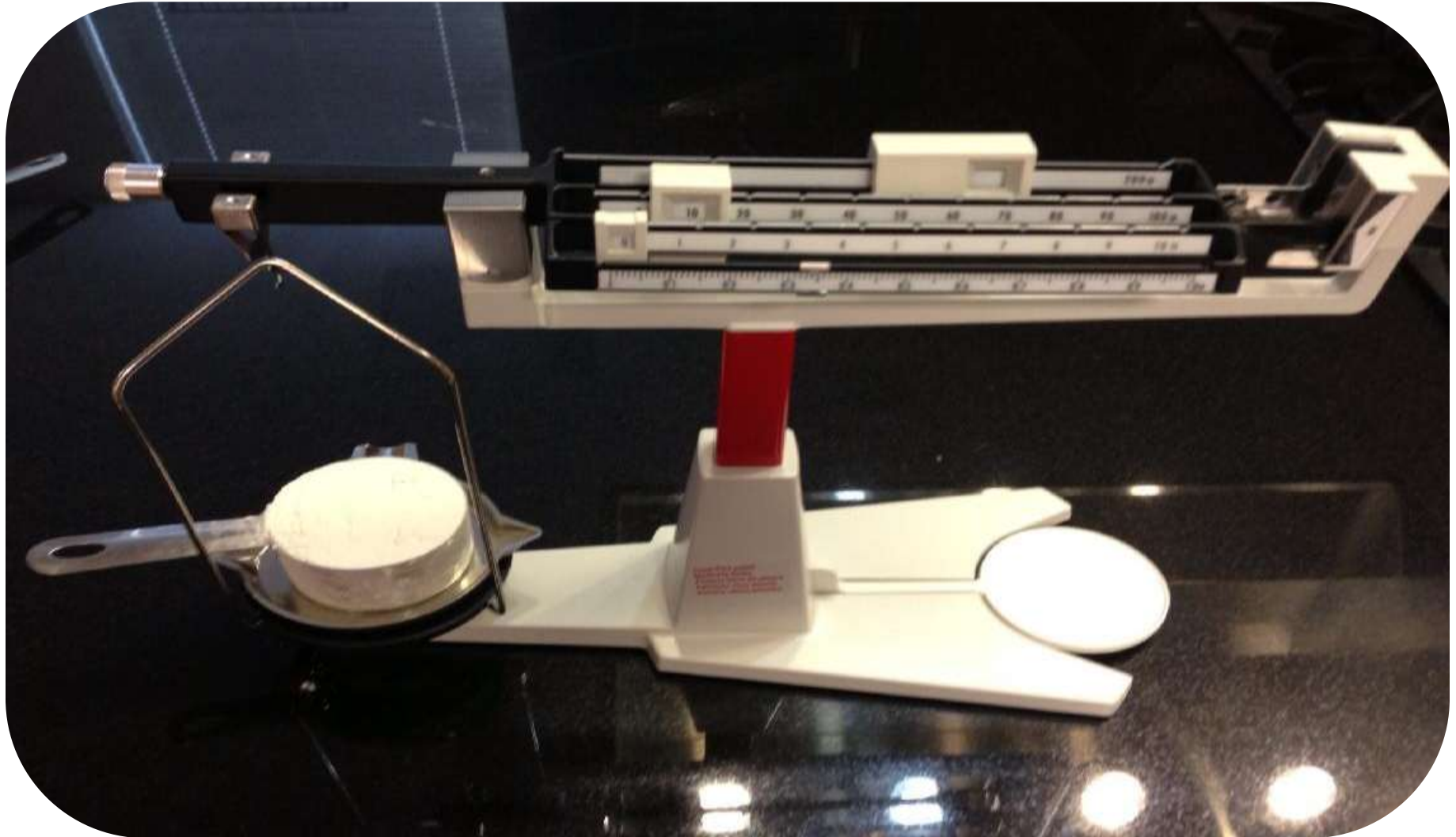
Weighing Sifted Flour

Lab I: Mastering Measurements



Dipped Flour

Lab I: Mastering Measurements



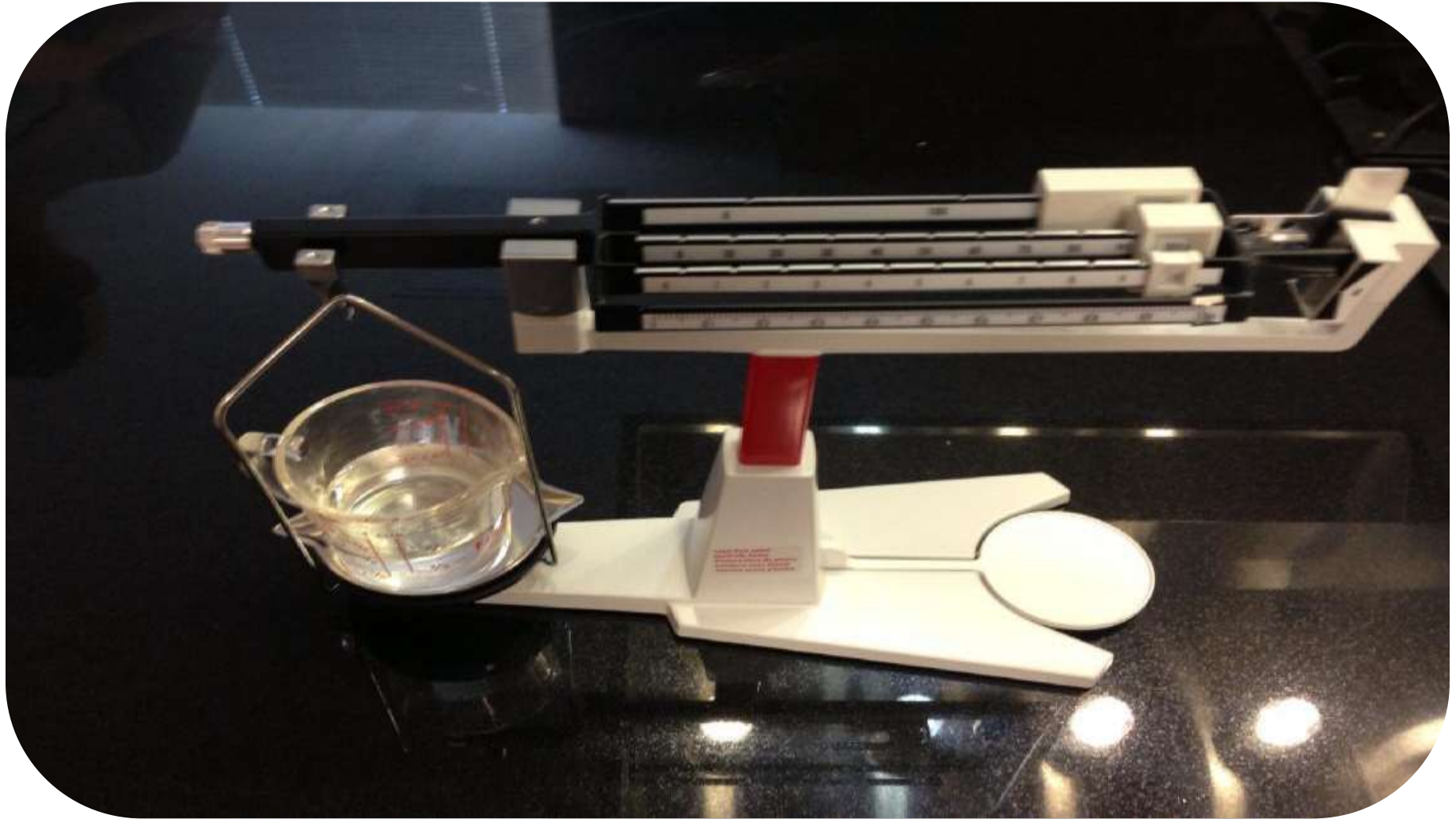
Weighing Dipped Flour

Lab I: Mastering Measurements



Demonstration of how to level using a knife

Lab I: Mastering Measurements



Weighing Water in a Liquid Measuring Cup

Lab I: Mastering Measurements



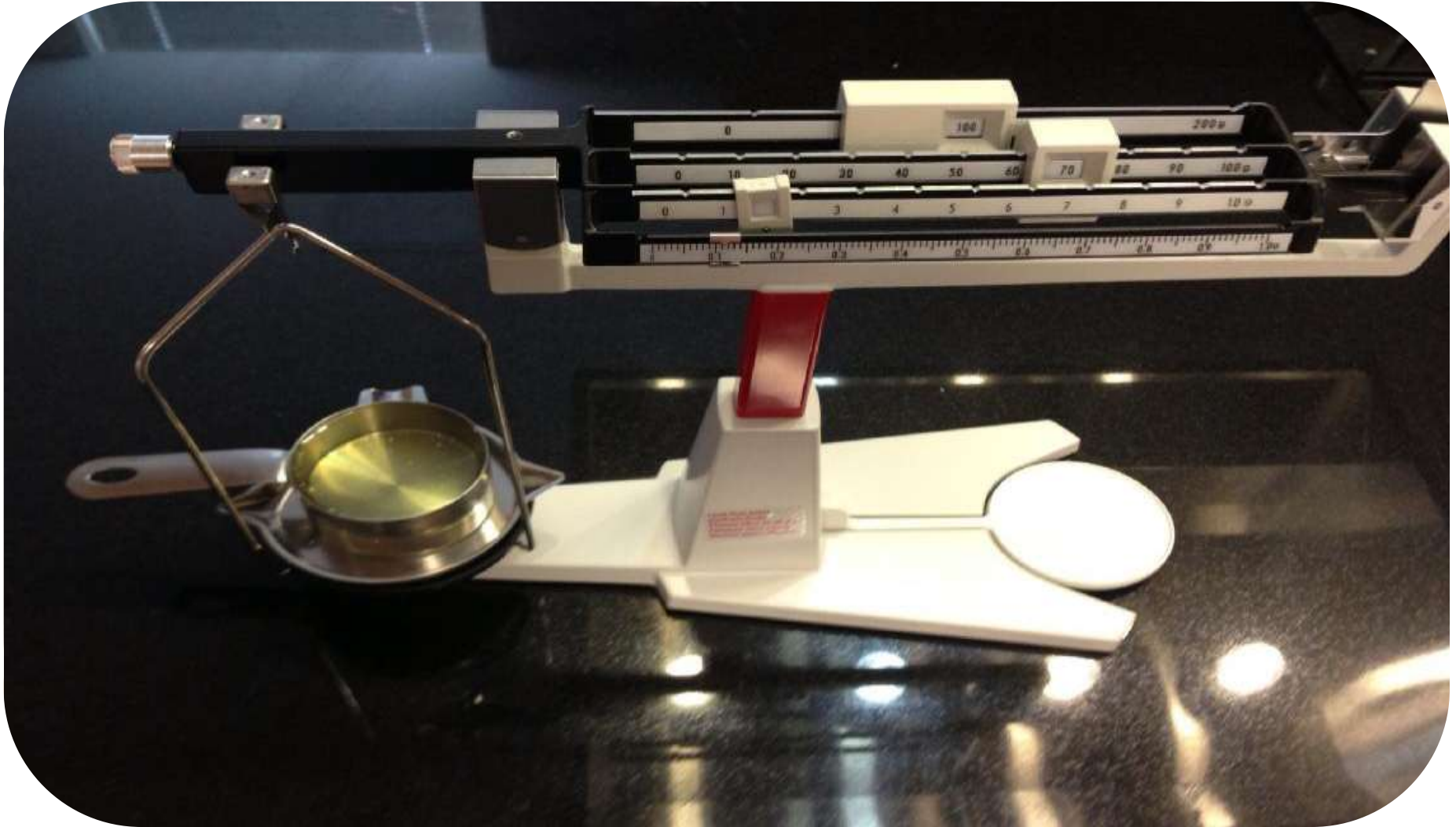
Weighing Water in a Dry Measuring Cup

Lab I: Mastering Measurements



Weighing Oil in a Liquid Measuring Cup

Lab I: Mastering Measurements



Weighing Oil in a Dry Measuring Cup



Food Explorations

Lab II: Label Logic

Lab II: Label Logic



Getting started... What to Expect in Lab II

Lab II: Label Logic



Weighing Sugar

Lab II: Label Logic



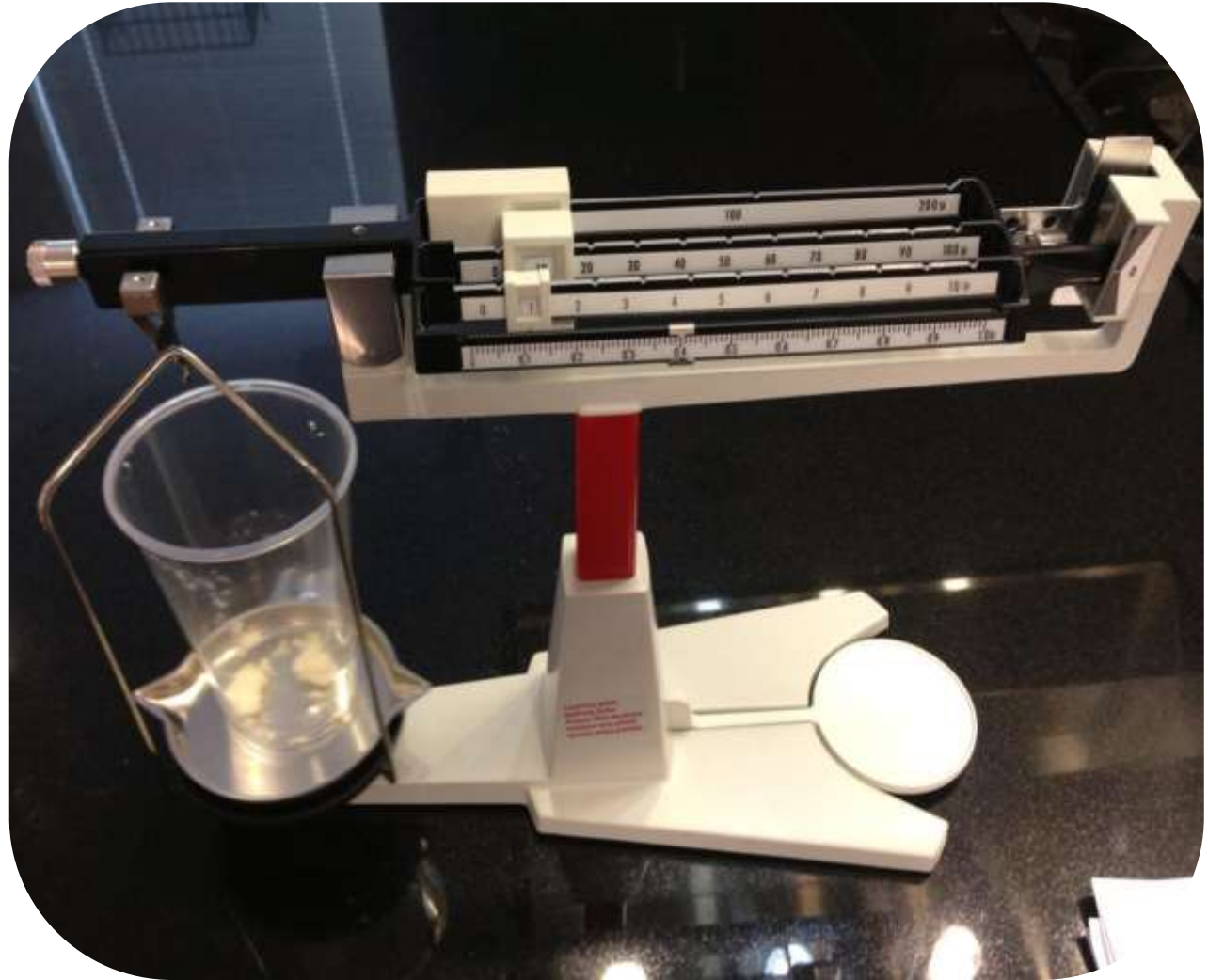
Weighing Sodium

Lab II: Label Logic



Weighing Unsaturated Fat

Lab II: Label Logic



Weighing Saturated Fat