Kitchen Math Booklet: Measuring, Unit Conversion & Scaling Recipes

Ages 10 - 14

Lesson Overview:

Math shows up in many aspects of cooking including measuring, converting units, and scaling recipes up or down. For recipes to turn out consistently and as we intend, we must understand how to measure various types and quantities of foods. As Canadians, we use both the metric and imperial systems; converting between these two systems is a handy skill for ease in the kitchen. Finally, we sometimes need to half, double, or triple recipes. By completing the section on scaling recipes, learners will be able to complete these tasks in their everyday lives.

Learning Outcomes:

Students will be able to:

- identify and convert metric and imperial measurements by volume
- determine the appropriate measuring tool for the job
- scale a recipe

Materials:

- Kitchen Math Booklet (Appendix 1)

LESSON

Learning Plan:

Activate

- Why is it important to measure when cooking?
- What would happen if we didn't measure ingredients?
- How come some recipes we don't need to measure (like a grilled cheese sandwich)?
- Do you believe it's more important to follow measurements when **baking** or when **cooking?**

Acquire

- Read through the document "All about measuring in the Kitchen" in segments with students

Apply

- Have students apply their understanding of content by answering the questions in sequence with the readings.

Appendices:

- Appendix 1 – Kitchen Math Booklet

Developed by: Darren Fife, B.Sc. (Nutrition), B.Ed., PHEc [2021].