

## DEVELOP YOUR OWN RECIPE OR POTION

**EXPLORATORY QUESTION:** How do we measure ingredients when cooking?  
What tools do we use the most in our kitchen?

**PROJECT GOAL:** Using the Ranch Mac n cheese recipe as a starting point, talk about the different sizes of measuring cups and spoons we use. Learn the basic breakdown of ways we measure ingredients. Develop your own recipe using some measurements we learned (this doesn't have to be edible, you could make a magic potion etc. using measuring tools).

### SUPPLIES NEEDED:

- ✓ Dry measuring cups of varying sizes
- ✓ Measuring spoons of varying sizes
- ✓ Wet measuring cups (preferably a large one 32 oz and lower, but work with what you have)
- ✓ Materials or ingredients to use when creating your own recipe (work with what you have- water, sparkles, food dye or an actual recipe)
- ✓ Water




### INSTRUCTIONS:

- 1 Take a look at all your measuring tools. Lay out the dry measuring cups: 1 cup,  $\frac{1}{2}$  cup,  $\frac{1}{4}$  cup,  $\frac{1}{8}$  cup. Look at your measuring spoons: tablespoon, teaspoon,  $\frac{1}{2}$  teaspoon,  $\frac{1}{4}$  teaspoon. Take a minute to explain how these are broken up. Have them notice how the fraction cups are smaller than 1 cup, this is because they are a part of the whole (they do not need to understand the fractions, just have them notice the difference in size of the cups/spoons themselves;  $\frac{1}{2}$  is a smaller amount of an ingredient than 1 cup). Then, look at your wet measuring pitcher. Ask your child what they see?

Notice how there are different ways to measure i.e. cups vs. spoonfuls. Look through some recipe books to see how ingredients are listed with different measurements.

- 2 Let's learn how these different measuring tools relate to each other. Explore questions by looking at the measuring tools and playing with them.
  - ➔ How many cups are in a large measuring pitcher?
  - ➔ How many teaspoons does it take to make a tablespoon? Help your child fill a tablespoon with water and drop it in a bowl. Then, see how many teaspoons it takes to measure it out (3 teaspoons to 1 tablespoon).
  - ➔ How many quarter ( $\frac{1}{4}$ ) cups does it take to make a full cup? Learn by doing. Fill your  $\frac{1}{4}$  cup and drop it into a bowl. See how many  $\frac{1}{4}$  cups it takes to make that 1 cup. If you don't want to use water you can use sand or flour. Help your child make the connection that it takes 4 parts to make the whole ( $\frac{1}{4}+\frac{1}{4}+\frac{1}{4}+\frac{1}{4}=\frac{4}{4}$  or 1).

 **TIP:** If playing with water to discover these answers consider using excess water for your house plants.

- 3 Let's look at the Ranch Mac n Cheese Recipe and gather all of the measuring tools we will need. You can then use them to make the recipe or just talk through what tools you'd use.
- 4 Develop your own recipe. This doesn't have to be with food, it can be a magic potion, a superpower tonic, whatever you want! Write out a recipe and then use your measuring tools to make it.