



## Reading a Recipe

Reading a recipe is step #1 when it comes to cooking. Knowing which parts to look for will help you understand how much you're going to make, what ingredients you need, and how to make it!

**A recipe has four parts:**

- **Name:** The name tells you the name of the recipe that you are preparing.
- **Yield and Preparation Time:** The yield tells you how many people you can expect to serve from a recipe. The preparation time tells you how long it will take to prepare the recipe.
- **Ingredients:** Tells you what you need and how much.
- **Instructions:** Tells you what to do with the ingredients.

## Common Measurements

We use different units of measurement and short forms in the kitchen. Practice your math skills by converting, adding, and subtracting different measurements!

Imperial Units	Metric
¼ tsp	1 mL
½ tsp	2 mL
1 tsp	5 mL
1 tbsp.	15 mL
¼ cup	60 mL
⅓ cup	75 mL
½ cup	125 mL
⅔ cup	150 mL
¾ cup	175 mL
1 cup	250 mL
4 cups	1000 mL or 1 L

Abbreviation	Measurement
tsp	Teaspoon
tbsp.	Tablespoon
oz.	Ounce
lb.	Pound
mL	Millilitre
g	Gram
kg	Kilogram