



Task Title: Measuring Ingredients by Weight

OALCF Cover Sheet – Practitioner Copy

Learner Name: _____

Date Started: _____

Date Completed: _____

Successful Completion: Yes ☐ No ☐

Goal Path:

Employment	☐	Apprenticeship	☐
Secondary School	☐	Post Secondary	☐
		Independence	☐

Task Description: The learner will locate ingredient conversions in an online chart, and make calculations to determine the weight of ingredients in a recipe.

Main Competency/Task Group/Level Indicator:

- Find and Use Information/Interpret documents/A2.2
- Understand and Use Numbers/Use measures/C3.2
- Use Digital Technology/D.2

Materials Required:

- Pen/pencil and paper and/or digital device
- Calculator or digital device with calculator function

Learner Information

Many professional and home bakers weigh ingredients instead of measuring them with measuring cups or spoons. Weighing ingredients is generally more precise, leading to better outcomes. Small changes in ingredient amounts can often result in baked goods not baking properly, not rising enough, or not having the proper texture.

Open the King Arthur Baking Conversion Chart website:

<https://www.kingarthurbaking.com/learn/ingredient-weight-chart>

Work Sheet

Task 1: How much (in grams) does one cup of all-purpose flour weigh?

Answer:

Task 2: How much (in grams) does 1/2 teaspoon of baking soda weigh?

Answer:

Task 3: Convert the following recipe ingredients into measurements by weight (grams) for dry ingredients, and by volume (mL) for wet ingredients if 1 cup of liquid is 250 mL.

Homemade Rustic No Yeast Bread

- **2 cups all purpose flour**
- **1/4 cup granulated white sugar**
- **1 Tablespoon table salt**
- **2 teaspoons baking powder**
- **3/4 cup water**

Answer:

Answers

Task 1: How much (in grams) does one cup of all-purpose flour weigh?

Answer: 120 grams

Task 2: How much (in grams) does 1/2 teaspoon of baking soda weigh?

Answer: 3 grams

Task 3: Convert the following recipe ingredients into measurements by weight (grams) for dry ingredients, and by volume (mL) for wet ingredients if 1 cup of liquid is 250 mL.

Homemade Rustic No Yeast Bread

- **2 cups all purpose flour**
- **1/4 cup granulated white sugar**
- **1 Tablespoon table salt**
- **2 teaspoons baking powder**
- **3/4 cup water**

Answer:

2 cups all purpose flour = $120 \times 2 = 240\text{g}$

1/4 cup granulated white sugar = $198/4 = 49.5\text{g}$

1 Tablespoon table salt = 18g

2 teaspoons baking powder = $4 \times 2 = 8\text{g}$

3/4 cup water = $3/4 \times 250$ (or $.75 \times 250$) = 187.5mL

Performance Descriptors

Levels	Performance Descriptors	Needs Work	Completes task with support from practitioner	Completes task independently
A2.2	extracts information from tables and forms			
	uses layout to locate information			
	makes connections between parts of documents			
C3.2	calculates using numbers expressed as whole numbers, fractions, decimals, percentages and integers			
	converts units of measurement within the same system and between systems			
	selects appropriate steps to solutions			
	interprets, represents and converts measures using whole numbers, decimals, percentages, ratios and simple, common fractions (e.g. $\frac{1}{2}$, $\frac{1}{4}$)			
	uses strategies to check accuracy (eg. estimating, using a calculator, repeating a calculation, using the reverse operation)			

Task Title: MeasuringIngredientsByWeight_EI_A2.2_C3.2_D.2

D.2	selects and follows appropriate steps to complete tasks			
	locates and recognizes functions and commands			
	Performs simple searches using keywords (e.g. internet, software help menu)			

This task: Was successfully completed ☐ Needs to be tried again ☐

Learner Comments:

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Instructor (print):

Learner (print):
