



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	METRIC
1/4 teaspoon (tsp)	1 mL
1/2 tsp	2 mL
tsp	5 mL
1 tablespoon (tbsp.)	15 mL
1/4 cup (c)	40 mL
1/3 cup	75 mL
1/2 cup	125 mL
2/3 cup	150 mL
3/4 cup	175 mL
1 cup	250 mL
4 cups	1000 mL or 1 Litre (L)

tsp	teaspoon
tbsp.	tablespoon
oz.	ounce
lb.	pound
mL	millilitre
g	gram
kg	kilogram

Let's Get Cookin'!