

Answer page for
Recipe Abbreviations Worksheet

In recipes, abbreviations are often used for measurements such as teaspoon, tablespoon, and cup. It's easier to write T., t. or C. instead of the entire word. It's important that you learn common abbreviations.

Memorize these three abbreviations:

t. = teaspoon

T. = tablespoon

C. = cup

Write the ingredient list below using abbreviations. Follow the example.

2 Cups flour 2 C. flour

2 teaspoons baking powder 2 t. baking powder

1 ½ teaspoons baking soda 1 ½ t. baking soda

½ teaspoon salt ½ t. salt

½ Cup butter ½ C. butter

3 tablespoons milk 3 T. milk

It's important to read a recipe carefully. T. and t. often look very similar especially in handwritten recipes. But there is a big difference between a tablespoon and a teaspoon!

Memorize:

1 tablespoon = 3 teaspoons or 1 T. = 3 t.

Imagine if you did not read a recipe carefully and instead of 1 **teaspoon** of salt, you used 1 **tablespoon** of salt! The finished product would probably taste too salty to eat, and your time and the ingredients would be wasted.

Write the ingredient list below using the appropriate word for each abbreviation.

3 C. flour 3 Cups flour

2 T. oil 2 tablespoons oil

1 t. salt 1 teaspoon salt

1 ¼ t. baking soda 1 ¼ teaspoons baking soda

1 T. milk 1 tablespoon milk

High Altitude Adjustments

Food cooks differently at high altitudes. Here are some tips to help you adjust recipes. The Crisco website states:

What is high altitude? Areas that are 3,500 feet above sea level are considered to be high-altitude areas.

Cooking at high altitude

- All cooking processes are directly affected by atmospheric pressure.
- At sea level, water boils at 212° F, but on mountaintops and other high-altitude regions, the boiling point is much lower.
- For about every 500 feet of ascent, the boiling point is lowered 1°F.
- At a 7,000 foot elevation, water would boil at about 198° F. Because the water is boiling at a lower temperature, it would take longer to cook food by boiling.

Baking at high altitude

Atmospheric pressure is less at high altitudes than at sea level or more normal elevations. This lower pressure affects the baking of cakes in several ways.

- Heat rises from the bottom of an oven, but since there isn't sufficient air pressure from above to balance this upward pressure, the cake tends to expand too rapidly.
- Air cells in the cake can break and escape because of this too-rapid expansion, resulting in a cake that will dip or fall.
- Batter may overflow the pan due to the too-rapid expansion of the cake.
- Cakes can remain underdone if temperature is not raised to adjust for the lower boiling point at high altitudes.
- Due to rapid evaporation of liquids at high altitudes, cakes must be carefully timed to avoid excess dryness.

High-altitude conversion tips

To convert standard recipes into those that can be used for high-altitude baking:

- Use 5% more flour to disperse the leavening action and slow down the rapid rise of the cake.
- Use 20% more water to counterbalance the rapid evaporation of liquids at high altitudes and the extra flour added to the cake batter
- Bake about 25 degrees higher to help "set" the cake's crust
- Reduce baking time by about 20% to prevent over baking at the higher temperature
- Fill pans 1/3 to no more than 1/2 full to avoid batter overflow caused by rapid cake expansion.
- Use cold water and large, cold eggs to give cake extra strength
- Generously grease and flour cake pans to prevent cake from sticking
- Remove top oven rack to prevent cake from sticking to it, since high-altitude cakes rise higher
- Have oven calibrated by a serviceperson periodically, since some thermostats are affected by altitude

High-altitude cookie adjustment

Only cookies with lots of chocolate, nuts, or dates need adjustment: Reduce baking powder/soda by 1/2.

At very high altitudes, a slight reduction of sugar may help.

Yeast breads need no alterations. You may notice a slight difference, but not enough to make any changes.

Answers to other high-altitude questions

For other questions, consumers should contact one of the following:

- The home economics department of a local state college
- The state agricultural extension service
- The home service department of the local utility company

This information provided courtesy of Crisco. For lots of great cooking tips, visit their website at: www.crisco.com.

Sample Task Cards for Clean-up Time

Print, cut out each task card and give one, or more, to each girl before clean-up time. Write your own task cards to meet your particular needs. Read the Homemaking Skills section and teach these skills to the girls.

Rinse & Stack the Dishes

Put any food scraps in the garbage can.
Rinse the dishes in warm water and stack them beside the sink.

Wash the Dishes

Fill the dishpan with clean, hot water and one squirt of dish detergent. Wash the dishes with a clean dishrag. Rinse in warm water and set them in the drainer.

Dry the Dishes

Use a clean, dry dish towel to wipe the dishes dry. Put them away.

Wash the Countertop

Rinse a dishrag in warm water. Wring it out. Wipe up any food and discard in the garbage. Rinse the dishrag again. Spray a little cleaner on the counter and wipe clean.

Wash the Table

Rinse a dishrag in warm water and wring it out. Wipe up crumbs and food and discard. Rinse the sponge or dishrag frequently in clean soapy water and wring it out. Wipe the table until it is clean.

Sweep the Floor

Use a broom and dustpan. Sweep under the table and around all work areas. Sweep the debris into the dustpan and discard.

Wipe up Food Spills

Look at the front of the cupboards in your work area. Check the floor. Wipe up any spills with a damp paper towel. Do the floor last! Discard the paper towels.

Wipe the Stovetop

Turn off all burners. Wait until they have cooled. Rinse a dishrag in warm water and wring it out. Wipe the stovetop around the burners. Discard any food in the garbage. If necessary, spray a little all-purpose cleaner and wipe again.