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Subject: Baking Measurements

Activity: Scoop, Spoon, Scale — Compare and evaluate dry measuring methods for accuracy.

Resources Required: One 5-lb bag flour—half left in bag, half in large bowl
Stirring spoon; straight-edged scraper; electronic scale; mixing bowl
Two, 1-cup dry measuring cups; one, 1-cup liquid measuring cup

Introduction: To get the same great product each time, how you measure matters. Compare and evaluate dry ingredient measuring methods for accuracy and impact on results.

Directions: Have three volunteers each measure 1 cup of the same flour, each using a different method. Weigh each cup of flour in a zero-balanced bowl on the scale.

Volunteer #1: Large bowl, spoon: Stir flour with spoon to loosen; lightly spoon flour into the 1-cup dry measuring cup until heaping full. Level off the flour using straight edge.

Volunteer #2: Scoop flour out of bag with 1-cup dry measuring cup; shake to “level”

Volunteer #3: Large bowl: Scoop flour with 1-cup liquid measuring cup, shake to level

Evaluate: What are the differences in weights between the three methods? What method do test kitchens and professional bakers use? (A: Method #1 and/or scales; 1 cup all-purpose or whole wheat flour = 4.25 oz)

Extra Minute? How much extra flour will you have if you use the method to measure 3 cups flour for bread? How will the extra flour impact the recipe’s result? (A: heavy, dry, crumbly)

View “How to Measure Flour”
1-minute video at HomeBaking.org
Glossary, Flour.



MINUTE ACTIVITIES

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