A Closer Look:
This week with Program ENERGY, we put on our chef hats and our aprons and put our preparation skills to the test as we learned how to make some delicious pumpkin pie with the chefs from Johnson & Wales University. We learned how to read a recipe, and how to measure and mix. We even explored the many uses of pumpkins, including the use of its seeds and pulp!

Back to the Measuring Basics!
Measuring ingredients accurately is a very important skill to have when cooking. Follow the tips below and master these important chef skills! (Adapted from www.kidchef.com.)

Dry: When measuring dry ingredients, be sure to level off the top of the measuring cup with a spatula or dinner knife so that the ingredients in the cup are flat and even with the rim of the cup.

Liquid: Use a liquid measuring cup for liquids ONLY. A helpful hint when measuring liquids is to place the liquid measuring cup down on a flat surface and bend down so that your eyes are level with the mark that you are measuring to.

Measuring Spoons: Use measuring spoons to measure both dry and wet ingredients. However, when measuring dry ingredients, remember your dry measuring skills and use the leveling technique discussed above.

Measurement Conversions:
3 teaspoons = 1 Tablespoon
4 Tablespoons = 1/4 cup
5 Tablespoons = 1/3 cup
8 Tablespoons = 1/2 cup
16 Tablespoons = 1 cup
2 cups = 1 pint
4 cups = 1 quart
2 quarts = 1/2 gallon
1/2 cup of butter/margarine = 1/4 pound or 1 stick

*This newsletter is for your information and does not include a challenge.