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Foodways A 4-H Folkpatterns Project – Food Measurements/Whatsits
Michigan State University Cooperative Extension Service
4-H Club Bulletin

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Food Measurements



Food Preparation

- PURPOSE:** To become aware of the variety of names and methods for measuring ingredients
- YOU'LL NEED:** Paper and a pencil
Measuring utensils
- TIME:** One meeting
- HOW TO DO IT:** Conduct measuring experiments to compare standard measurements with "pinches," "handfuls," "walnut-sized," and "teacupful." Put a pinch of salt, handful of flour or sugar, and a walnut-sized piece of margarine or butter on waxed paper. Transfer these amounts to standard measuring utensils. Note the approximate measure. Compare the amounts measured by different individuals in your group. Water can also be measured into a teacup (filled to the brim), then compared to a 1-cup standard liquid measuring cup.
- NOW WHAT?** Conduct interviews with people to discover their ways of measuring things. Write down how they do it and what they call it. Develop as large a list as you can.



Food Preparation

“Whatsit” Game

- PURPOSE:** To learn more about food preparation or gardening and the tools associated with those crafts
- YOU’LL NEED:** 5 to 10 people who have an unusual cooking or gardening tool
- TIME:** One meeting
- HOW TO DO IT:** Invite each person to your meeting to show his/her food preparation or gardening tool. Have the group try to guess what each tool is used for. Once each tool is identified, have the person who owns it talk more about it—where he/she got it and why, and how it saves time or is a useful tool.
- NOW WHAT?** Make an exhibit of unusual tools. You could make it a “guessing” exhibit by hiding the name of the tool under a card. Have the viewer try to guess the tool’s function first. Include some information about why the tools are good or useful. If you have enough resources, do two separate exhibits—one on gardening and one on cooking.