**Equivalents Experiments**

|  |  |
| --- | --- |
| Equivalents Experiment #1  A. Equipment: B. Method:  Answer: \_\_\_\_\_\_ Answer: \_\_\_\_\_ | Equivalents Experiment #9  A. Equipment: B. Method:  Answer: \_\_\_\_\_\_ Answer: \_\_\_\_\_\_ |
| Equivalents Experiment #2  A. Equipment: B. Method:  Answer: \_\_\_\_\_\_ Answer: \_\_\_\_\_\_ | Equivalents Experiment #10  A. Equipment: B. Method:  Answer: \_\_\_\_\_\_ Answer: \_\_\_\_\_\_ |
| Equivalents Experiment #3  A. Equipment: B. Method:  Answer: \_\_\_\_\_\_ Answer: \_\_\_\_\_\_ | Equivalents Experiment #11  A. Flour  Equipment: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Method: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  B. Sugar/Salt  Equipment: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Method: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  C. Brown Sugar  Equipment: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Method: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  D. Shortening  Equipment: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Method: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  E. Oil/Water  Equipment: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Method: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  F. Margarine/Butter  Equipment: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Method: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  G. Eggs  Equipment: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Method: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Equivalents Experiment #4  A. Equipment: B. Method:  Answer: \_\_\_\_\_\_ Answer: \_\_\_\_\_\_ |
| Equivalents Experiment #5  A. Equipment: B. Method:  Answer: \_\_\_\_\_ Answer: \_\_\_\_\_\_ |
| Equivalents Experiment #6  A. Equipment: B. Method:  Answer: \_\_\_\_\_\_ Answer: \_\_\_\_\_\_ |
| Equivalents Experiment #7  A. Equipment: B. Method:  Answer: \_\_\_\_\_\_ Answer: \_\_\_\_\_\_ |
| Equivalents Experiment #8  A. Equipment: B. Method:  Answer: \_\_\_\_\_\_ Answer: \_\_\_\_\_\_ |

**Know Your Abbreviations**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| T., Tbsp. | = | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  | lb., # | = | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| oz. | = | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  | pkg. | = | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| c. | = | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  | pt. | = | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| t., tsp. | = | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  | gal. | = | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| qt. | = | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  | hr. | = | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**It All Measures Up**

|  |  |
| --- | --- |
| *It All Measures Up #1*  *A. How many Tbsp. are in ½ c.? \_\_\_\_\_\_\_\_*  *B. 1/8 c. = \_\_\_\_\_\_\_ Tbsp.*  *C. 1/4 c. = \_\_\_\_\_\_\_ Tbsp.*  *D. 3/4 c. = \_\_\_\_\_\_\_ Tbsp.*  *E. 1 c. = \_\_\_\_\_\_\_ Tbsp.* | *It All Measures Up #5*  *A. How many Tbsp. in 1/8 c.? \_\_\_\_\_\_\_\_*  *B. 3 tsp. = \_\_\_\_\_\_\_\_ Tbsp.*  *C. 1/8 c. = \_\_\_\_\_\_\_\_ Tbsp.*  *D. 1/4 c. = \_\_\_\_\_\_\_\_ Tbsp.*  *E. 1/3 c. = \_\_\_\_\_\_\_\_ Tbsp.* |
| *It All Measures Up #2*  *A. What is this measuring method called? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*  *B. List two other ingredients that could be measured using this method:*  *1. 2.*  *C. What is one advantage of using this method? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* | *It All Measures Up #6*  *A. How many times did you use the 1/2 c.? \_\_\_\_*  *B. How many times did you use the 1/4 c.? \_\_\_\_\_*  *C. 1/4 c. = \_\_\_\_\_\_\_\_\_ Tbsp.*  *List the 4 standard sizes of measuring cups:*  *1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_*  *2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_* |
| *It All Measures Up #3*  *A. How many ¼ tsp. are in 1 ½ tsp.? \_\_\_\_\_\_\_*  *B. List the 4 standard sizes of measuring spoons:*  *1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*  *2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* | *It All Measures Up #7*  *A. How many tsp. in 2 Tbsp.? \_\_\_\_\_\_\_\_*  *B. 1 Tbsp. = \_\_\_\_\_\_ tsp.*  *C. 1 c. = \_\_\_\_\_\_\_\_\_ tsp.*  *D. 1 c. = \_\_\_\_\_\_\_\_\_ Tbsp.* |
| *It All Measures Up #4*  *A. How many c. of water in 1 qt.? \_\_\_\_\_\_\_*  *B. 1 pt. = \_\_\_\_\_\_\_\_ c.*  *C. 1 qt. = \_\_\_\_\_\_\_\_ pt.*  *D. 1 gal. = \_\_\_\_\_\_\_ qt.* | *It All Measures Up #8*  *A. How many c. in 48 fl. oz.? \_\_\_\_\_\_\_\_*  *B. 1 c. = \_\_\_\_\_\_\_ oz.*  *C. 1 qt. = \_\_\_\_\_\_ oz.*  *D. 1 gal. = \_\_\_\_\_ oz.* |

**Know Your Equivalents**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 Tbsp. | = | \_\_\_\_\_\_\_\_ tsp. |  | 1/2 c. | = | \_\_\_\_\_\_\_\_ Tbsp. |
| 1 c. | = | \_\_\_\_\_\_\_\_ Tbsp. |  | 12 Tbsp. | = | \_\_\_\_\_\_\_\_ c. |
| 1/3 c. | = | \_\_\_\_\_\_\_\_ Tbsp. |  | 8 oz. | = | \_\_\_\_\_\_\_\_ c. |
| 1 stick/cube butter | = | \_\_\_\_\_\_\_\_ c. |  | 1 stick/cube butter | = | \_\_\_\_\_\_\_\_ Tbsp. |
| 1/4 c. | = | \_\_\_\_\_\_\_\_ Tbsp. |  | 16 oz. | = | \_\_\_\_\_\_\_\_ lb. |
| 2 Tbsp. | = | \_\_\_\_\_\_\_\_ c. |  | 2 pt. | = | \_\_\_\_\_\_\_\_ qt. |
| 1 pt. | = | \_\_\_\_\_\_\_\_ c. |  | 1 gal. | = | \_\_\_\_\_\_\_\_ qt. |
| 1 gal. | = | \_\_\_\_\_\_\_\_ c. |  | 1 gal. | = | \_\_\_\_\_\_\_\_ pt. |





Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Quesadilla Worksheet

|  |  |  |
| --- | --- | --- |
| **# of Girls** | **# of Boys** | **# of Quesadillas (girls + 2×boys)** |
|  |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Ingredient** | **For 1** | **Total** | **Package** | **Buy** | **Price** | **Cost** |
| Flour tortillas | 2 ea. |  | 12 count |  | $1.79 |  |
| Chicken | 3 oz. |  | 1.25 lb. |  | $1.99/lb |  |
| Cheese | 1/3 c. |  | 2 c. |  | $1.89 |  |
| Onion | 1/2 small green |  | 12 per bundle |  | $0.55 |  |
| Bell Pepper | 1 strip |  | 32 per pepper |  | $0.79 |  |
| Green Chiles | 1 t. |  | 10 tsp. per can |  | $0.97 |  |
| Picante Sauce | 2 T |  | 16 oz. |  | $2.50 |  |
| Sour Cream | 1 T |  | 16 oz |  | $1.25 |  |
| Cost per quesadilla: $ | | | | | |  |

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_

**How Much Water Do You Need?**

The amount of water you need depends on several factors.

* **Normal Activity Level** - needs 1/2 ounce of water **per** pound of Body Weight,
  + - multiply 1/2 by your body weight over one
    - = number of ounces of water you need
* Multiply the numerators and then the denominators. Reduce your answer and round to the nearest whole number.

For example, Ms. Pearson weighs 145 pounds and is moderately active. How many ounces of water does she need to drink every day?

So, she needs 73 ounces of water every day.

* **Active Activity Level** - needs 2/3 ounce of water **per** pound of Body Weight,
  + - multiply 2/3 by your body weight over one
    - = number of ounces of water you need
* Multiply the numerators and then the denominators. Reduce your answer and round to the nearest whole number.

For example, Ms. Pearson weighs 145 pounds and is moderately active. How many ounces of water does she need to drink everyday?

So, she needs 97 ounces of water everyday.

**What is your activity level?** \_\_\_\_\_\_\_\_\_\_\_\_

**Your Body Weight** \_\_\_\_\_\_\_\_\_

**How much water do you need? ANSWER\_\_\_\_\_\_\_\_\_**

**Do your calculations here**.