The Importance of Weighing and Measuring:

A little more or less of an ingredient can make the difference between the success or failure of a recipe.

It is therefore important to weigh and measure ingredients accurately (correctly) in order to achieve perfect results.

The Difference between Weighing and Measuring

Weighing - Tizen
This method is used to determine the amount of dry/solids ingredients.

Measuring - Tkejjel
This method is used to determine the amounts of liquids.

<table>
<thead>
<tr>
<th>Dry/Solid Measures</th>
<th>Liquid Measures</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mass or solid weights are measured in:</strong></td>
<td><strong>The capacity or volume is the liquid measurement. This can be measured in:</strong></td>
</tr>
<tr>
<td>g = grams</td>
<td>ml = millilitres</td>
</tr>
<tr>
<td>kg = kilograms</td>
<td>l = litres</td>
</tr>
<tr>
<td>lb = pounds</td>
<td>fl. oz = fluid ounces</td>
</tr>
<tr>
<td>oz. = ounces</td>
<td>pt = pints</td>
</tr>
</tbody>
</table>

Remember:

SOLIDS: 1 kilogram (Kg) = 1000 grams (g)

LIQUIDS: 1 litre (L) = 1000 millilitres (ml)
There are 3 main types of kitchen scales. These include:

**Balance Scales**

- This consists of scale pans and weights.
- Food is put in one scale pan and little brass or iron weights in the other.
- Before starting, check that with two empty pans, the balance is level. When the food and little weights weigh the same, the balance is level once more.

**Spring Balance Scales**

- This consists of scale pan/container, a scale and a pointer.
- The ingredient is placed on the scales pan and the weight is indicated by the pointer.
- Before you weigh anything on these scales, make sure the pointer on the number face is at zero.
- Then simply measure the food until the pointer reaches the weight you need.

**Electronic Scales**

- This is a little bit more expensive to buy but simple to use and very accurate.
- Simply measure the food into the scale pan and watch the digits record the weight.
- It is often used in shops, where they are set to work out prices as well as weigh goods.
Measuring Jugs

- These are used for measuring liquids like water, oil, milk and more.
- It is used to measure liquids in: litres (l), millilitres (ml), pints and cups.
- Measuring jugs have a scale on the outside that indicates how much fluid there is inside the jug. Some jugs have more than one scale.
- Important: Always read liquid measurements at eye level and on a flat surface. This will give you accurate measurements.

Always stand the measuring jug on a level surface

Read off the measurements at eye level

Both the measuring cups and spoons can be used to measure and weigh ingredients meaning they can weigh and measure both liquids and solids.

The measuring cups are much cheaper than scales and less easily damaged.

These are plastic or metal individual cups that come in various sizes and are used for single measures.
Measuring spoons can be used to measure food like sugar, salt, yeast and baking powder and can also be used to measure liquids, such as small amounts of oil and water. These are not expensive to buy.

<table>
<thead>
<tr>
<th>Spoon Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level spoon</td>
<td>Fill in the spoon with whatever you are measuring, and level it off with a knife.</td>
</tr>
<tr>
<td>Rounded spoon</td>
<td>Contains the same amount in the spoon as on top.</td>
</tr>
<tr>
<td>Heaped spoon</td>
<td>The maximum amount the spoon can hold.</td>
</tr>
</tbody>
</table>

- A level **teaspoon** – this holds 5 ml
- A level **dessert spoon** – this holds 10 ml
- A level **tablespoon** – this holds 15 ml