



Jr. Chef Club
Lesson 2
"Go" on Grains

BLUE STATION

A serving of milk is one cup. Find out what one cup (8 ounces) looks like.

1. Use the liquid measuring cup to measure 8 ounces of water. Remember to look at eye level.
2. Now, measure $\frac{1}{2}$ cup of water. Pour into the second measuring cup. How many $\frac{1}{2}$ cups does it take to make 1 cup?