



Jr. Chef Club
Lesson 2
"Go" on Grains

GREEN STATION

1. a. A portion of fruit or vegetables is $\frac{1}{2}$ cup. How big is a $\frac{1}{2}$ cup portion?

b. Find out! Measure beans into the $\frac{1}{2}$ cup measure and level.
2. How many $\frac{1}{2}$ cup measures does it take to fill a one cup measure?
3. Experiment with the $\frac{1}{4}$ cup measure. How many does it take to fill 1 cup?