

## Weighing and measuring

Ingredients are usually measured in **grams (g)** or **kilograms (Kg)**

There are 1000g in 1 Kg

Liquids are usually measured in **millilitres (ml)** or **litres (l)**. They can be measured in pints (pt) and fluid ounces (fl.oz ). There are 20 fl.oz in 1 pt .

To weigh accurately, always make sure that you set your scales to zero before you start.

Remember if you put your bowl on the scales, you could be weighing the bowl, NOT the food.

So put your bowl onto the scales but then set the reading to 0 before you start.

Make sure that you are using g as the unit on the scales

## French Connection – Croque Monsieur



## Key vocabulary

Weigh

Chop

Vegetable knife

Simmer

Grams (g)

Cool

Measure

Vegetables

Peel

Colour

Core

Safety

Fats

Oven gloves

Grate

Dice

## Deeper learning



Using the grill SAFETY

Always use oven gloves

Stand back when igniting a gas grill

Keep your face away from the grill area

Keep the door open

Turn off after use

## What to use

