



Apple Crisp

Name_____

Day in Class_____

1. What is a pinch?
2. How do you measure 75mL of a dry ingredient?
3. What is the difference between a glass bowl and a glass casserole dish?
4. How do you measure brown sugar?
5. What can you put in brown sugar to keep it moist?
6. How do you measure flour?
7. Why do you cut one small piece off of the apple before slicing the rest?
8. How is cooking affected if you cut the apples small?
9. What is the nutrient contribution of apples?





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Name _____

Day in Class _____

1. What is a pinch? **The amount you can hold between your finger and your thumb**
2. How do you measure 75mL of a dry ingredient? **50mL + 25mL OR 25mL x 3**
3. What is the difference between a glass bowl and a glass casserole dish? **casserole dish has handles and can in oven; bowl has no handles and doesn't go into the oven**
4. How do you measure brown sugar? **pack it so it keeps its shape**
5. What can you put in brown sugar to keep it moist? **a piece of apple or bread or moistened clay disc**
6. How do you measure flour? **scoop and level with a knife**
7. Why do you cut one small piece off of the apple before slicing the rest? **it is safer to cut, as it won't slide around**
8. How is cooking affected if you cut the apples small **they will cook faster**
9. What is the nutrient contribution of apples? **high in fibre; very low in saturated fat, cholesterol and sodium**

