



Hospitality and Catering

# Weights and measures

## Lesson 6

Become trained in the legal and job role requirements of working in a bar by completing the weights and measures course





# Measuring weight in the kitchen

Start by placing your mixing bowl on top of your scale and hitting the "zero" button.

This will account for the weight of the bowl and set your scale's counter back to zero.

Now add your ingredient.





# Measuring liquid in the kitchen

Place a measuring jug or metric cups onto a flat surface. Slowly pour in liquids until they match the measurement on the side of the jug.





# Converting recipes

For accurate accounting and stock taking old recipes will need to be converted into the metric measuring system.







# Converting imperial to metric

1 oz = 28.34 grams

To make calculations easier we can  
round down the grams to

1oz = 25g





# Converting imperial to metric

1lb = 0.45 Kilograms

To make calculations easier you  
can round up the kilos to

1lb = 0.5 Kilograms





# Converting imperial to metric

1 pint = 0.56 litres

You can round down the litres to make measuring easier

1 pint = 0.5 litres





# Converting imperial to metric

1 floz = 28.41 millilitres

You can round down the millilitres to  
make measuring easier

1 floz = 25 millilitres







# Checklist for weights and measures

- Know the law and follow it
- Check all deliveries
- Work in metric
- Label packaged food





# Revision Activity 6

**What is a pint converted  
into litres?**