

Measuring Powdered Formula

Teacher Key

Breast feeding your baby is the healthiest and most affordable method for feeding your baby. There is no measuring and mixing, tummy trouble, spitting up or wasting and pitching formula. But if you choose to feed your baby formula you may need to know some measurement basics in the kitchen.

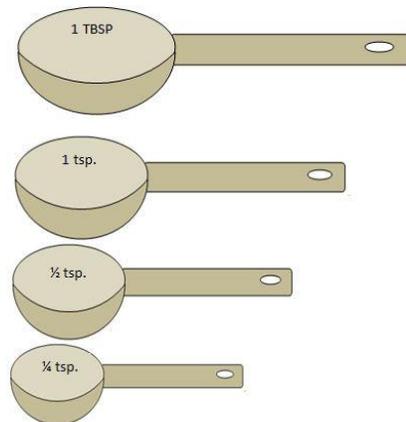
Answer the following True or False. Research your answers online.

1. If you lost the scoop you could use 1 Tablespoon. **FALSE**
2. When mixing a bottle you should place the formula first, then the water. **FALSE**
3. Formula dissolves in water without any displacement. **FALSE**
4. You should never mix a large batch of formula for several bottles. **FALSE**
5. It's okay to estimate the water and powdered formula measurements. **FALSE**

Powdered formula comes with a scoop. When measuring powdered formula you must be careful not to pack it in tight and make sure you level off the top. Using flour, a formula scoop and measuring utensils determine the following:

NEWBORN = 2 ounces water and 1 scoop formula

1. 1 scoop = **4 tsp**
2. 3 tsp = **1 TBSP**
3. $\frac{1}{4}$ cup = **4 TBSP**
4. 1 cup = **16 TBSP**
5. 2 scoops = **8 tsp**
6. 2 scoops = **2 TBSP + 2 tsp**



7. When your newborn needs 3 ounces per feeding, how will you measure the powder? **Fill the bottle with 6 ounces of water. Add 3 scoops of formula, shake. Pour half into another bottle (never estimate 1/2 of a scoop).**
8. When your baby needs 5 ounces per feeding how many teaspoons of formula would you measure? **10 tsp**

9. If you wanted to make a large batch to fill 8 bottles with 5 ounces each how many ounces of water would you need? **40 ounces**

10. If you wanted to make a large batch to fill 8 bottles with 8 ounces each how many ounces of water would you need? **64 ounces**

11. If you only have a 16 ounce liquid measuring cup how many times will you fill it for 8 – 8 ounce bottles? **4 times**



12. 1 gallon = **64 ounces**
1 quart = **32 ounces**
1 pint = **16 ounces**

13. 1 cup = **16 TBSP = 48 tsp = 12 scoops**
1/2 cup = **8 TBSP = 24 tsp = 6 scoops**
1/4 cup = **4 TBSP = 12 tsp = 3 scoops**

14. How many scoops of powdered formula will you need for the following:

8 bottles with 5 ounces each? **20 scoops or 80 tsp (2.5 x 8 = 20)**

8 bottles with 8 ounces? **32 scoops or 128 tsp**

15. If you wanted to use measuring cups instead of individual scoops, which cups would you use to make 8 – 5 ounce bottles? Show your work below and label the measuring cups.

1 cup, 1/2 cup, 2 TBSP, 2 tsp = 80 tsp or 20 scoops

