

Measuring Powdered Formula

Name _____

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.

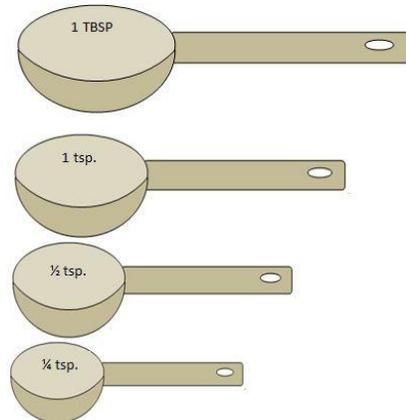
Answer True or False. Research your answers online.

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

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 = _____ tsp
2. 3 tsp = _____ TBSP
3. $\frac{1}{4}$ cup = _____ TBSP
4. 1 cup = _____ TBSP
5. 2 scoops = _____ tsp
6. 2 scoops = _____ TBSP + _____ tsp



7. When your newborn needs 3 ounces per feeding, how will you measure the powder?
8. When your baby needs 5 ounces per feeding how many teaspoons of formula would you measure?

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? _____

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? _____

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



12. 1 gallon = _____ ounces

1 quart = _____ ounces

1 pint = _____ ounces

13. 1 cup = 16 TBSP = _____ tsp = _____ scoops

1/2 cup = _____ TBSP = _____ tsp = _____ scoops

1/4 cup = _____ TBSP = _____ tsp = _____ scoops

14. How many scoops of powdered formula will you need to fill

8 bottles with 5 ounces? _____ scoops or _____ tsp

8 bottles with 8 ounces? _____ scoops or _____ tsp

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

