



January 11, 2020 Measuring Up

STARS Families,

Today's session included the following skills:

- measuring different consistencies
- using measuring cups
- using measuring spoons
- exploring different measuring devices

If you walked into a department store you would see maybe one or two different types of measuring cup or spoons. There are many different reasons to buy a particular set of measuring devices: color/design, storage, availability, price, or increments available. The most available set of measuring spoons will have teaspoons in the following increments $\frac{1}{4}$, $\frac{1}{2}$, and 1. Joining the teaspoons will be $\frac{1}{2}$ and 1 Tablespoon. Similar to the teaspoons, the measuring cups will have $\frac{1}{4}$ c, $\frac{1}{3}$ cup, $\frac{1}{2}$ cup, $\frac{3}{4}$ cup, and 1 cup.

What you won't see regularly at the big box store are measuring cups that have been adapted for low vision or blindness. Independent Living Aides has measuring sets that include braille on the handle. There are also high contrast black and white measuring cups for easy reading. Your first thought might be that it is redundant to buy, store, and have 2 sets of measuring cups that do the same exact thing. But before you get stuck on that train of thought take a second and think about how it might be easier to see white sugar in a black measuring cup, or measuring black pepper in a white measuring spoon. It will also be easier to find and fill a black measuring device on a white countertop or tray.

The group measured the following items using varying sizes of measuring spoons and cups: Quaker Oats, shredded cheese, crushed crackers, sunflower seeds, raisins, dry beans, flour, sugar, cream, molasses, water, corn syrup, grape jelly and peanut butter. The general consensus was measuring ____ was easier than measuring ____.

Next Session: February 8th 2020 from 9:00-10:30. RSVPS are expected by February 5th. This will be a Technology Share Day. Please include in your RSPV, which device(s) you wish to bring/talk about or any questions you have about a device/app.

Laura Wilcox ADL STARS Program Coordinator and Instructor ages 6-15
Nancy Nations STARS Program Assistant



STARS 2019-2020

February 8, 2019

Moved for President's Day weekend

March 28, 2019

****Moved back for Spring Break****

April 18, 2019

May 16, 2019