



Food Safety and Sanitation FLOUR TEST ACTIVITY

Common Wheat Flours

Type	Protein %	Weight of 1 Cup*
All-Purpose		
Bread or High Gluten		
Cake		
Pastry		

*Spoon the flour into the cup. Tap the cup gently once or twice, so the flour settles, level the flour off so it is even. (Remember to tare the scale before each measure)

ACCURACY MATTERS!

Using All-purpose Flour:

(Do not forget to tare the scale each time!)

Measuring Technique for 1 cup:	Results in oz.	Most accurate?
Sift the Flour first, the spoon in measuring cup		
Use the measuring cup to scoop out the flour from the bin		
Spoon the flour into the cup and pack it down		
Spoon the flour into the cup. Tap the cup gently once or twice, so the flour settles, level the flour off		

Actual weights of each flour

Type	Weight of 1 Cup
All-Purpose	4.6 oz.
Bread or High Gluten	5 oz.
Cake	3.9 oz.
Pastry	4 oz.

How can you tell the difference in the flours?

What were the results of the hand test?

Type	Color description	Squeeze description
All-Purpose		
Bread or High Gluten		
Cake		
Pastry		