Kitchen measurement worksheet

Roti, dal and chilla

Date _____ Recorder _____ Scale resolution _____

Tare each bowl. Record the dry ingredient weights before adding water. Weigh the finished food and servings separately. The amounts in the first column are starting suggestions.

Batch	Dry inputs	Cooked weight	Yield and serving
Atta roti Start with 90 g	Atta ____ g Dusting ____ g	Batch ____ g S ____ M ____ L ____ g	Count ____ Dough pieces ____ g
Split moong dal Start with 90 g	Dry moong ____ g	Before thinning ____ g After thinning ____ g	Bowls ____ One bowl ____ g
Moong chilla Start with 100 g	Dry moong ____ g	Batch ____ g	Chillas ____ Two chillas ____ g
Besan chilla Start with 100 g	Dry besan ____ g	Batch ____ g	Chillas ____ Two chillas ____ g

What to photograph

Dry flour on the scale, the three cooked rotis, dry dal, the served katori, both chilla portions and the pack panels. Record pack size and price. Keep private details out of the frame.

How to calculate the serving

Batch protein = dry grams x reference protein per 100 g / 100. For equal pieces, divide by the count. For unequal portions, multiply by the serving’s share of the batch. Keep estimated nutrients separate from measured weights.

Notes, pack weights, prices and photo filenames