Ratios and Recipes

Learning about ratios can definitely be tricky! Establish a good foundation of having your student understand fractions and the concept of parts to a whole. A good way to practice ratios is with recipes! Using measuring cups can be a great visual aid to start understanding ratios. Attached is a delicious recipe for banana bread! Have your child do the measuring and apply ratios Happy baking!

Banana Bread

*The key to good banana bread is to use well-ripened bananas that are covered with brown speckles. Try using half whole wheat flour to add some fiber to make this recipe more heart healthy.*

**Ingredients**

- Makes: 12 servings
- 3 large bananas, well-ripened
- 1 egg
- 2 Tbs vegetable oil
- ½ cup milk, low-fat
- ½ cup sugar
- 1 tsp salt
- 1 tsp baking soda
- ½ tsp baking powder
- 1½ cup flour

**Instructions**

1. Preheat the oven to 350°F.
2. Peel the bananas. Put them in a mixing bowl. Mash the bananas with a fork.
3. Add the egg, oil, milk, sugar, salt, baking soda, and baking powder. Mix well with the fork.
4. Slowly stir the flour into the banana mixture. Stir for 20 seconds until the flour is moistened.
5. Lightly grease the bread pan with a little oil -OR- cooking spray -OR- line it with wax paper.
6. Pour the batter into the bread pan.
7. Bake for 45 minutes until a toothpick inserted near the middle comes out clean.
8. Let the bread cool for 5 minutes before removing it from the pan.

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Ratios Rule!

Fill in the blanks with the appropriate ratios

___ pears: ___ apples
___ pears: ___ apples
___ bananas: ___ cucumber

___ yellow: ___ red
___ yellow: ___ red
___ oranges: ___ strawberries
___ oranges: ___ strawberries

___ radishes: ___ corns
___ broccoli: ___ carrots
___ broccoli: ___ carrots