



# HOW DO YOU MEASURE UP?



by **Raye Lankford**



## MARTHA SPEAKS™



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The contents of this printable certificate were developed under a grant from the Department of Education. However, those contents do not necessarily represent the policy of the Department of Education, and you should not assume endorsement by the Federal Government. The project is funded by a Ready to Learn Grant (PR/AWARD No. U295A100025, CFDA No. 84.294A) provided by the Department of Education to the Corporation for Public Broadcasting.



There are all kinds of reasons why we need to **measure**.  
Measuring helps us be sure the things we make come out as planned.

**measure**: when you measure, you find the size or amount of something.

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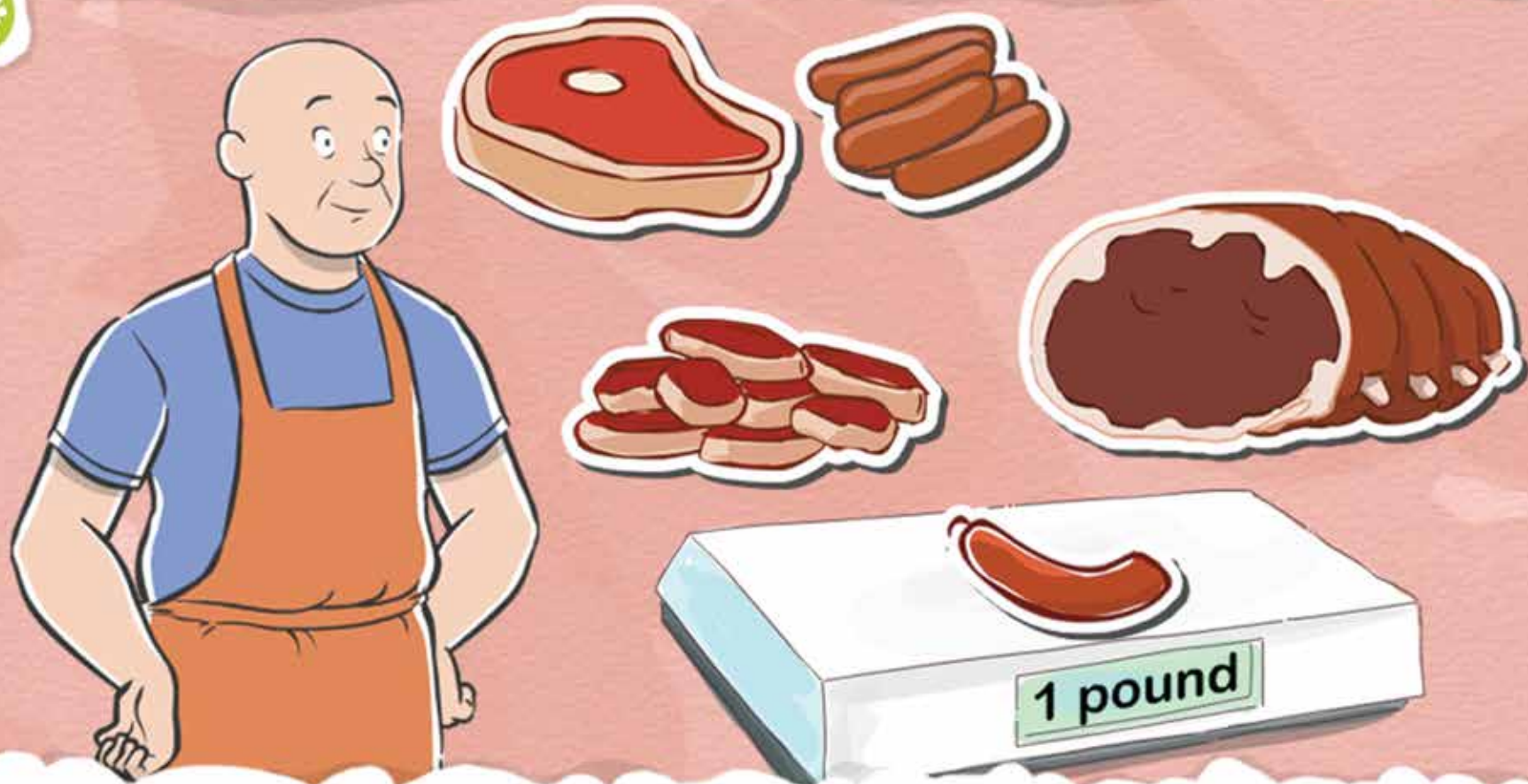


Bakers have to **measure** the **amount** of different **ingredients**, so that their treats taste yummy and delicious.

**measure:** when you measure, you find the size or amount of something.

**amount:** an amount of something is how much of it there is.

**ingredients:** an ingredient is one of the things that goes into a mixture.

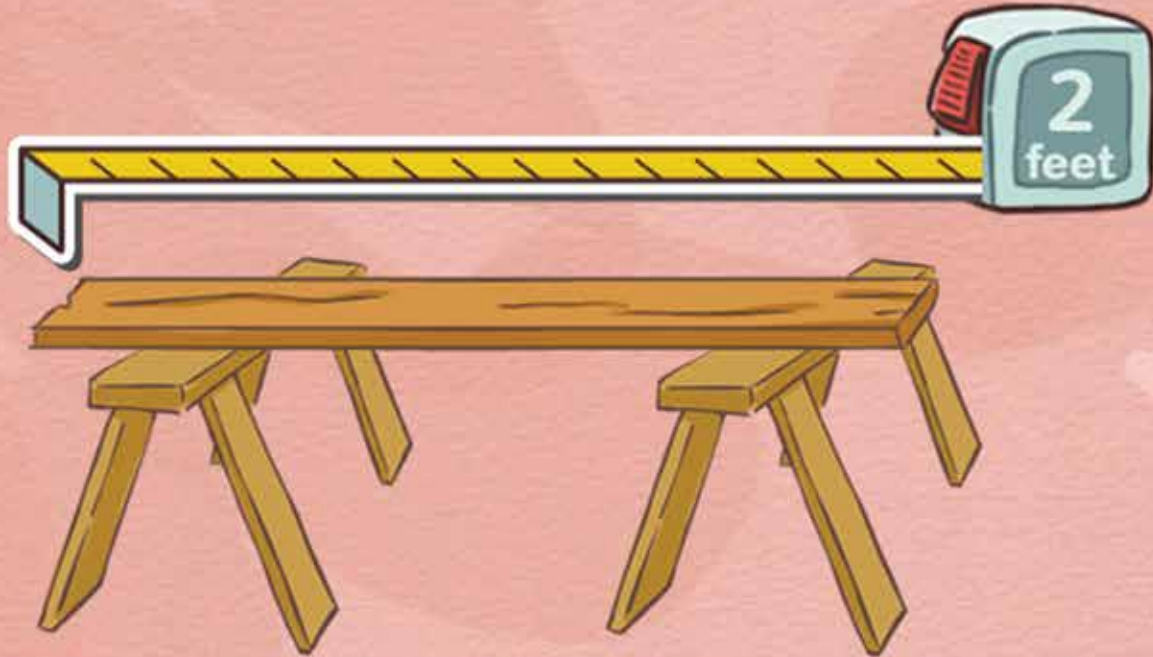


Butchers use **scales** to **measure** the **weight** of meat to sell at the supermarket. But measuring isn't just used with food.

**scale:** a scale is a tool for weighing.

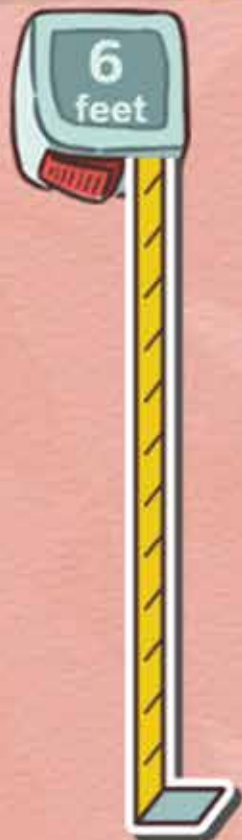
**measure:** when you measure, you find the size or amount of something.

**weight:** weight means how heavy or light something is.



Carpenters use a measuring tape to find out the **length** of things.

**length:** length means how long something is.



Carpenters use a measuring tape to **determine** how tall things are, too! They need to make sure everything is just the right **size**.

**determine:** determine means to find out.

**size:** size means how big or small something is.

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Police officers **measure** the **speed** of cars. They need to **check** that everyone is driving at a safe speed.

**measure:** when you measure, you find the size or amount of something.

**speed:** speed means how fast or slow something is moving.

**check:** when you check something, it means you make sure it's right.

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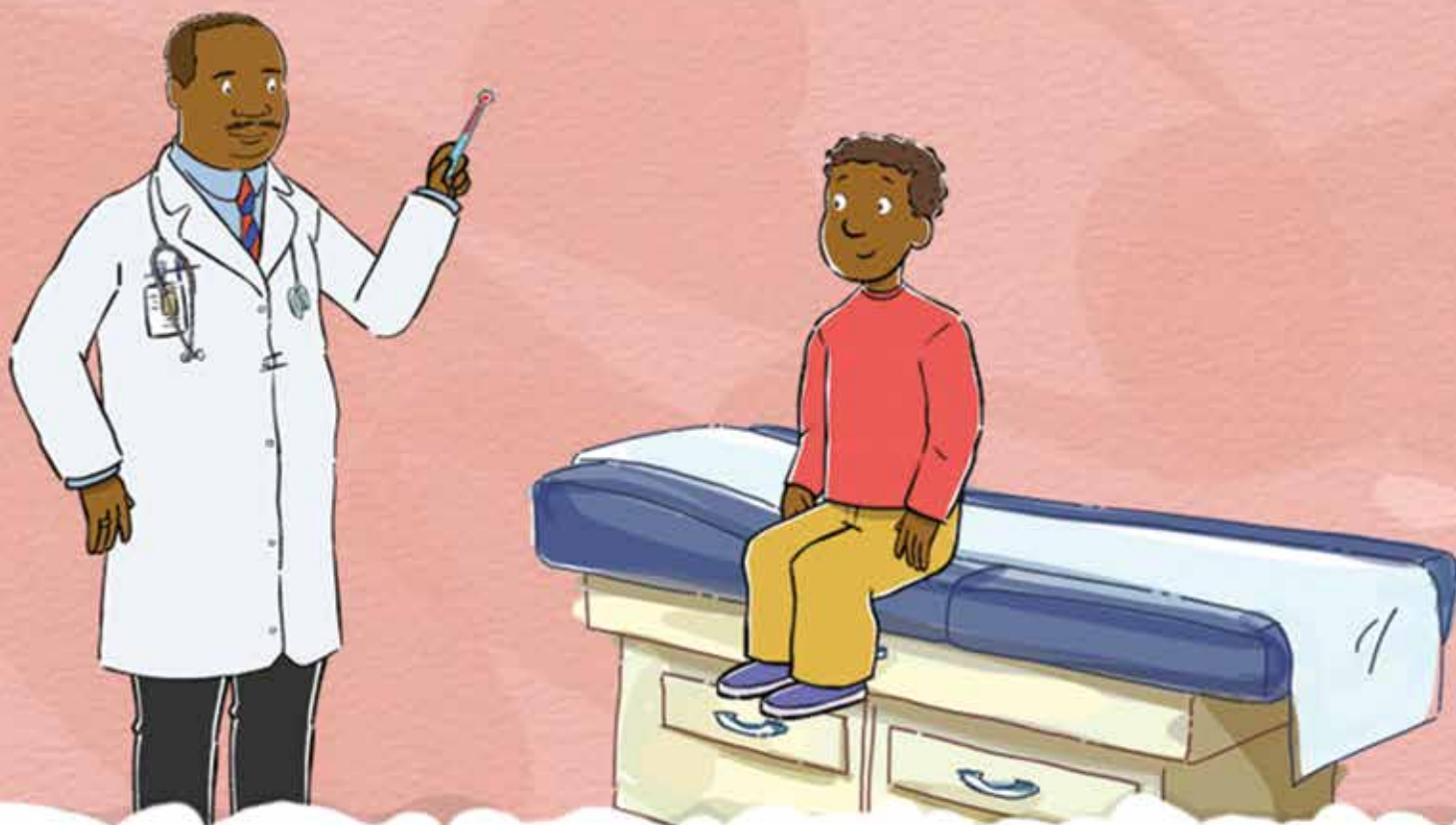
Track coaches use stopwatches to **measure** the **amount** of time a racer takes to run the **distance** from one place to another.

**measure:** when you measure, you find the size or amount of something.

**amount:** an amount of something is how much of it there is.

**distance:** distance means how far apart two things are.



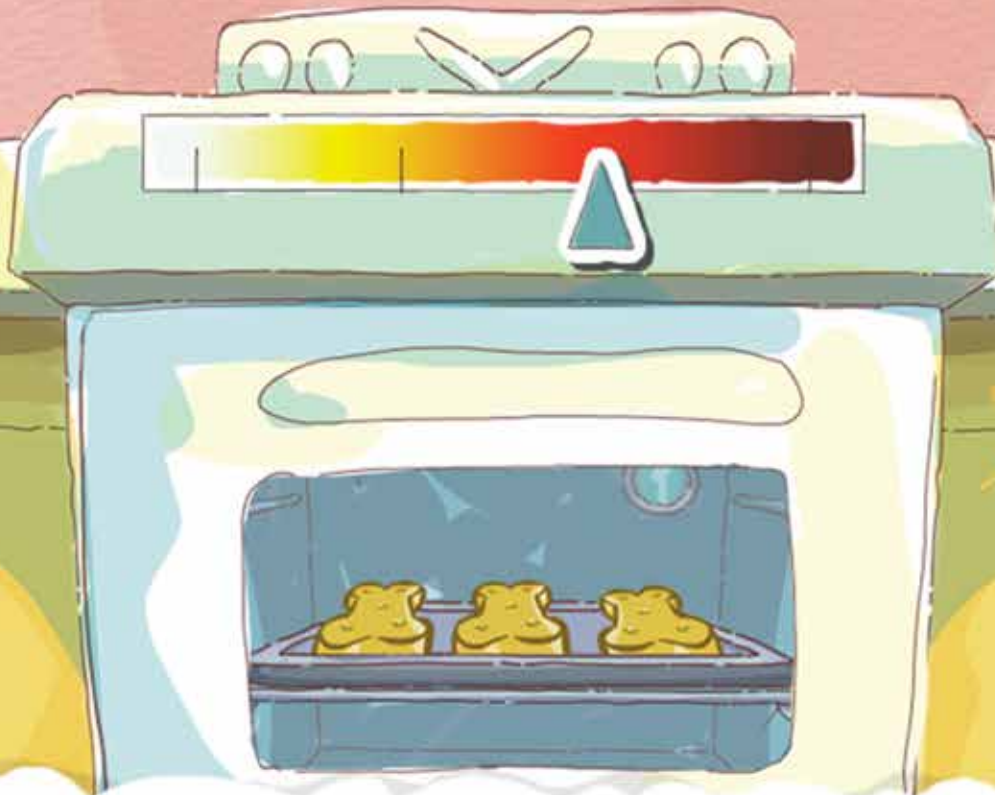


Doctors **measure** all kinds of things: your height, your **weight**, and your **temperature** - all to make sure you're healthy.

**measure:** when you measure, you find the size or amount of something.

**weight:** weight means how heavy or light something is.

**temperature:** temperature tells you how hot or cold something, or someone, is.



And **temperature** brings us back to baking! When you bake, you have to set the oven at the right temperature so that your treats will be tasty.

**temperature:** temperature tells us how hot or cold something, or someone, is.

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You can **apply** measuring to just about anything you do. What kinds of things do you **measure** ?

**apply**: to apply means to put to use.

**measure**: when you measure, you find the size or amount of something.