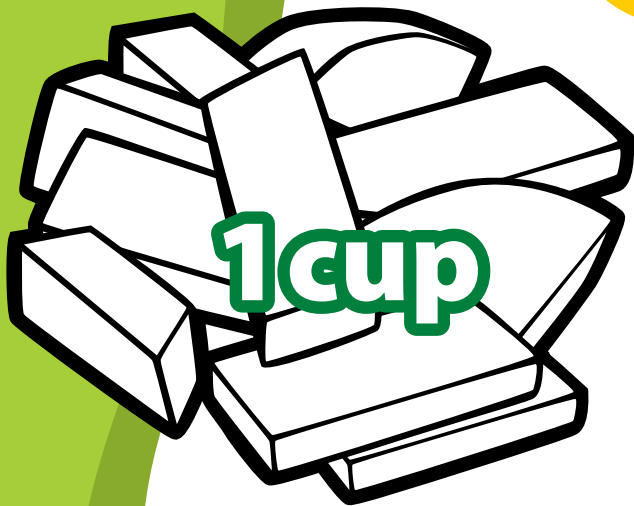


Chopped, Mashed or Sliced

cup equivalents

1 cup measures volume not shape

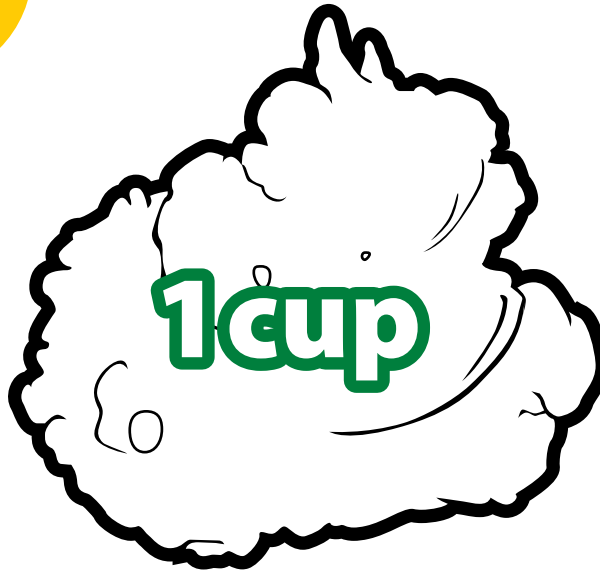
Hey kids!
Have fun
coloring.



1 cup

1 cup chopped yam

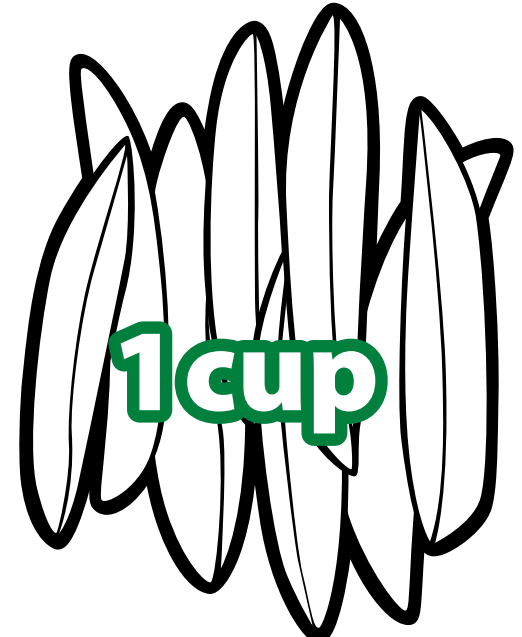
=



1 cup

1 cup mashed yam

=



1 cup

1 cup sliced yam



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