Fill the 5-liter bowl. Then fill the 3-liter bowl from the 5-liter bowl. You will now have 2 liters left in the 5 liter bowl.

Empty the 3-liter bowl, and then transfer the 2 liters from the 5-liter bowl into it.

Now fill the 5-liter bowl again, then pour water carefully from the 5-liter bowl into the 3-liter bowl until it is full - exactly one more liter.

The 5-liter bowl now has exactly 4 liters.