

MEASUREMENT CONVERSIONS

ABBREVIATION KEY:

ABBREVIATION	UNIT
L	litre
mL	millilitre
kg	kilogram
g	gram
lb	pound
oz	ounce
Tbsp or T	tablespoon
tsp or t	teaspoon
F	Fahrenheit
C	Celsius

OVEN TEMPERATURES:

IMPERIAL	DESCRIPTION	METRIC
200°F	Warming oven	100°C
250°F	Very low	120°C
300°F	Low	150°C
350°F	Moderate	180°C
400°F	Hot	200°C
450°F	Very hot	230°C
500°F	Extremely hot	260°C

WEIGHTS:

IMPERIAL	METRIC
1lb	500 g
$\frac{3}{4}$ lb	375 g
$\frac{1}{2}$ lb	250 g
$\frac{1}{4}$ lb	125 g
1 oz	30 g



LIQUIDS:

IMPERIAL	METRIC
$\frac{1}{8}$ tsp	$\frac{1}{2}$ mL
$\frac{1}{4}$ tsp	1 mL
$\frac{1}{2}$ tsp	2 mL
1 tsp	5 mL
1 Tbsp = 3 tsp	15 mL
2 Tbsp	30 mL
$\frac{1}{4}$ cup	60 mL
$\frac{1}{3}$ cup	75 mL
$\frac{1}{2}$ cup	125 mL
$\frac{2}{3}$ cup	150 mL
$\frac{3}{4}$ cup	175 mL
1 cup = 8 fl oz	250 mL
2 cups = 16 fl oz = 1 pint	500 mL
4 cups = 32 fl oz = 1 quart	1 L or 1000 mL

