MEASUREMENT CONVERSION

	1
6	J
LIQU	JID

1	tsp = 5 ml
1	tbsp = 15 ml
1	ml = 0.035 floz
1	litres = 1.76 Pints
1	Pints = 568 ml

1 litres = 1000 ml

	FLUID OUNCE fl. oz	tbsp	ten	MILLI LITER mi
cup		ınəh	tsp	••••
1	8	16	48	240
3/4	6	12	36	180
2/3	5	11	32	160
1/2	4	8	24	120
1/3	3	5	16	80
1/4	2	4	12	60
1/8	1	2	6	30
1/16	0.5	1	3	15



1 oz =	= 28.35 g
1 kg	= 35 oz
1 kg	= 2.2 lb
1 g	= 0.035 oz

1 kg = 1000 g

OUNCE oz	POUND lb	stick	GRAM g
1	1/8	1/4	28
4	1/4	1	113
8	1/2	2	227
12	3/4	3	340
16	1	4	454
24	11/2	6	680
32	2	8	907
48	3	12	1361

TEMPERATURE

 ${}^{\circ}$ C x 1.8 + 32 = ${}^{\circ}$ F ${}^{\circ}$ F - 32 ÷ 1.8 = ${}^{\circ}$ C

DEGREES FARENHEIT °F	DEGREES CELSIUS °C	
250	120	VERY SLOW
275	140	
300	150	SLOW
325	170	
350	180	MODERATE
375	190	
400	200	MOD. HOT
425	220	
450	230	НОТ
475	240	VERY HOT

LENGTH			INCH in	MILLI METRE mm
		10: 1 /:)	1	25
1 feet (ft) 3 feet (ft)	=	12 inches (in) 1 yard (yd)	3/4	19
1 yard (yd)	=	36 inches (in)	2/3	17
1 feet (ft)	=	305 millimetres (mm)	1/2	13
1 yard (yd)	=		1/3	8
			1/4	6
1 metre (m) 1 centimetres	= =	100 centimetres (cm) 10 millimetres (mm)	1/8	3

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Measurement Conversion Chart designed by Polly Loh

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