

COOKING CONVERSIONS

METRIC CUP & SPOON SIZES

METRIC	CUP	METRIC	SPOON
60 ml	1/4 cup	1.25 ml	1/4 teaspoon
80 ml	1/3 cup	2.5 ml	1/2 teaspoon
125 ml	1/2 cup	5 ml	1 teaspoon
250 ml	1 cup	20 ml	1 tablespoon



MASS (WEIGHT)

METRIC	IMPERIAL
10 g	1/4 oz
15 g	1/2 oz
30 g	1 oz
250 g	80 oz (1/2 lb)
500 g	16 oz (1 lb)
1 kg	32 oz (2 lb)



OVEN TEMPERATURE

CELSIUS*	FAHRENHEIT
120°	250°
150°	300°
180°	350°
200°	400°
250°	500°

Reduce by 20°C for fan-forced ovens.



no spoon
NECESSARY