

Metric Conversion Chart

Skills: Numeracy, Document Use

Profiled: Kitchen Helper **Other Applications:** All

LIQUID AND DRY MEASURES CHART	
Imperial	Metric
1/4 teaspoon	1 ml
1/2 teaspoon	2 ml
1 teaspoon	5 ml
1 tablespoon	15 ml
Liquid Measure	
1 fluid ounces	30 ml
2 fluid ounces	60 ml
3 fluid ounces	100 ml
Dry Measure	
1/4 cup	50 ml
1/2 cup	125 ml
1 cup	250 ml
2 cups	500 ml
* Please note - these conversions are approximate.	

Imperial

Recipe: Shortbread Cookies **Makes:** About 20 cookies

Prep time: 45 min

Ingredients:

2 cup all-purpose flour

1/4 teaspoon salt

1 cup unsalted butter, softened

1/2 cup packed brown sugar

1 teaspoon vanilla

Recipe #1

Recipe: Pumpkin Soup

Serves: 4

Prep time: 15 min

Ingredients:

250 ml canned pumpkin puree

625 ml beef broth

15 ml honey

1 ml black pepper

5 ml salt (optional)

1 ml curry powder

250 ml light cream or milk

Recipe #2 Metric