

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 .	

