

## Metric Conversion Chart

1. Use the **Liquid and Dry Measures Chart** to convert the **imperial** measurements to \*approximate **metric** measurements:

**Imperial**

**Recipe:** Shortbread Cookies  
**Makes:** About 20  
**Prep time:** 45 min

**Ingredients:**  
 2 c all-purpose flour  
 1/4 tsp salt  
 1 c unsalted butter  
 1/2 c packed brown sugar  
 1 tsp vanilla

**Metric**

**Recipe:** Shortbread Cookies  
**Makes:** About 20 cookies  
**Prep time:** 45 min

**Ingredients:**  
 \_\_\_\_\_ all-purpose flour  
 \_\_\_\_\_ salt  
 \_\_\_\_\_ unsalted butter, softened  
 \_\_\_\_\_ packed brown sugar  
 \_\_\_\_\_ vanilla

**Recipe  
#1**

2. Use the **Liquid and Dry Measures Chart** to convert the **metric** measurements to the \*approximate **imperial** measurements:

**Metric**

**Recipe:** Pumpkin Soup  
**Serves:** 4  
**Prep time:** 15 min

**Ingredients:**  
 250 ml canned pumpkin purée  
 625 ml beef broth  
 15 ml honey  
 1 ml black pepper  
 5 ml salt (optional)  
 1 ml curry powder  
 250 ml light cream

**Imperial**

**Recipe:** Pumpkin Soup  
**Serves:** 4  
**Prep time:** 15 min

**Ingredients:**  
 \_\_\_\_\_ canned pumpkin purée  
 \_\_\_\_\_ beef broth  
 \_\_\_\_\_ honey  
 \_\_\_\_\_ black pepper  
 \_\_\_\_\_ salt (optional)  
 \_\_\_\_\_ curry powder  
 \_\_\_\_\_ light cream or milk

**Recipe  
#2**