

Activity

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		Metric	
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			