

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
<p>Recipe: Shortbread Cookies Makes: About 20 cookies Prep time: 45 min</p> <p>Ingredients: 2 cup all-purpose flour 1/4 teaspoon salt 1 cup unsalted butter, softened 1/2 cup packed brown sugar 1 teaspoon vanilla</p> <p style="text-align: center;">Recipe #2</p>	<p>Recipe #1</p> <p>Recipe: Pumpkin Soup Serves: 4 Prep time: 15 min</p> <p>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</p>