

CONVERSION CHARTS

Imperial	Metric	Metric	Imperial
1/4 tsp	1 ml	15 g	1/2 oz
1/2 tsp	2 ml	30 g	1 oz
3/4 tsp	4 ml	60 g	2 oz
1 tsp	5 ml	90 g	3 oz
1 tbs	15 ml	125 g	4 oz
1/5 cup	50 ml	150 g	5 oz
1/4 cup	65 ml	180 g	6 oz
1/3 cup	85 ml	210 g	7 oz
2/5 cup	100 ml	250 g	8 oz
1/2 cup	125 ml	500 g	1 p
3/5 cup	150 ml	1 kg	2 p
2/3 cup	170 ml	300 ml	1/2 pint
3/4 cup	190 ml	600 ml	1 pint
4/5 cup	200 ml	1,25 litres	2 pint
1 cup	250 ml		

Note: ml cannot be converted to grams, i.e. 1 cup flour = 250ml flour = 120g

Always use measuring spoons, measuring cups and a kitchen scale.

OVEN CONVERSION CHARTS

°C	°F	°C	°F
180	350	230	450
190	375	240	475
200	400	260	500
220	425	280	550



Shanaaz Parker

Cell: 083 453 9840

info@shanaazparkercooking.com
www.shanaazparkercooking.com

- Recipe Book Author
- Recipe and Project Development
- Wedding & Event Co-ordinating
- Culinary Consulting • Culinary Teaching & Training
- Student & Holiday Accommodation

CONVERSION CHARTS

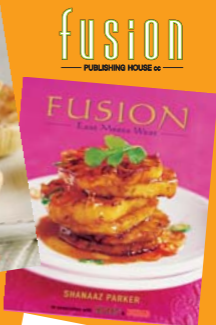
Imperial	Metric	Metric	Imperial
1/4 tsp	1 ml	15 g	1/2 oz
1/2 tsp	2 ml	30 g	1 oz
3/4 tsp	4 ml	60 g	2 oz
1 tsp	5 ml	90 g	3 oz
1 tbs	15 ml	125 g	4 oz
1/5 cup	50 ml	150 g	5 oz
1/4 cup	65 ml	180 g	6 oz
1/3 cup	85 ml	210 g	7 oz
2/5 cup	100 ml	250 g	8 oz
1/2 cup	125 ml	500 g	1 p
3/5 cup	150 ml	1 kg	2 p
2/3 cup	170 ml	300 ml	1/2 pint
3/4 cup	190 ml	600 ml	1 pint
4/5 cup	200 ml	1,25 litres	2 pint
1 cup	250 ml		

Note: ml cannot be converted to grams, i.e. 1 cup flour = 250ml flour = 120g

Always use measuring spoons, measuring cups and a kitchen scale.

OVEN CONVERSION CHARTS

°C	°F	°C	°F
180	350	230	450
190	375	240	475
200	400	260	500
220	425	280	550



Shanaaz Parker

Cell: 083 453 9840

info@shanaazparkercooking.com

www.shanaazparkercooking.com

- Recipe Book Author
- Recipe and Project Development
- Wedding & Event Co-ordinating
- Culinary Consulting • Culinary Teaching & Training
- Student & Holiday Accommodation