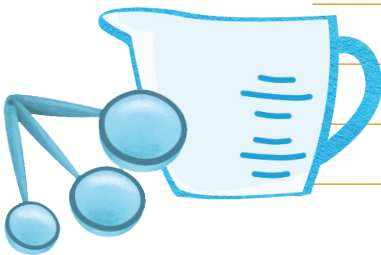


CONVERTING COOKING MEASUREMENTS

Sometimes the measurements in recipe instructions are in imperial (cups, tablespoons, teaspoons, etc.), sometimes in metric (litres, millilitres, etc.). There may be times when you don't have the measuring cups and spoons you need. That is why understanding what measurements are equal between imperial and metric is a helpful skill to have when cooking and baking.

Imperial		Metric
4 cups	=	1 litre
1 cup	=	250 millilitres
1/2 cup	=	125 millilitres
1/3 cup	=	80 millilitres
1/4 cup	=	60 millilitres
1 tablespoon	=	15 millilitres
1 teaspoon	=	5 millilitres



Using the chart, answer the questions below:

1. A recipe is asking for 1 tablespoon of baking soda, but the only measuring tool you have on hand is a teaspoon. How many teaspoons of baking soda will you need?

2. A recipe is asking for a 1/4 cup of flour, but the only measuring tool you have on hand is a tablespoon. How many tablespoons of flour will you need?

3. A recipe is asking for 500 millilitres of milk, but the only measuring tool you have on hand is a cup. How many cups of milk will you need?

4. A recipe is asking for a 1/3 cup of oatmeal, but the only measuring tool you have on hand is a teaspoon. How many teaspoons will you need?

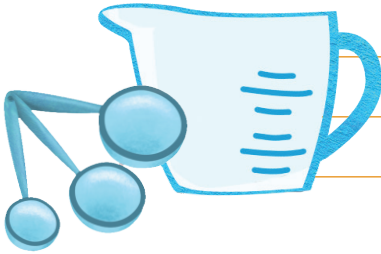
5. A recipe is asking for 1 litre of water to be added to a pot, but the only measuring tool you have on hand is a 1/2 cup. How many 1/2 cups of water will you need?

CONVERTING COOKING MEASUREMENTS

Answer Key

Sometimes the measurements in recipe instructions are in imperial (cups, tablespoons, teaspoons, etc.), sometimes in metric (litres, millilitres, etc.). There may be times when you don't have the measuring cups and spoons you need. That is why understanding what measurements are equal between imperial and metric is a helpful skill to have when cooking and baking.

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1 teaspoon	=	5 millilitres



Using the chart, answer the questions below:

1. A recipe is asking for 1 tablespoon of baking soda, but the only measuring tool you have on hand is a teaspoon. How many teaspoons of baking soda will you need?

3 teaspoons

2. A recipe is asking for a 1/4 cup of flour, but the only measuring tool you have on hand is a tablespoon. How many tablespoons of flour will you need?

4 tablespoons

3. A recipe is asking for 500 millilitres of milk, but the only measuring tool you have on hand is a cup. How many cups of milk will you need?

2 cups

4. A recipe is asking for a 1/3 cup of oatmeal, but the only measuring tool you have on hand is a teaspoon. How many teaspoons will you need?

16 teaspoons

5. A recipe is asking for 1 litre of water to be added to a pot, but the only measuring tool you have on hand is a 1/2 cup. How many 1/2 cups of water will you need?

Eight 1/2 cups