

Weight

Metric	Imperial
15 g	– ½ ounce (oz)
30 g	– 1 ounce (oz)
125 g	– 4 ounces (oz)
250 g	– 8 ounces (½ lb)
500 g	– 1 pound (lb)
750 g	– 1½ pounds (lb)
1 kg	– 2 pounds (lb)

Volume

Imperial	Metric
1 teaspoon (tsp)	– 5 ml
1 tablespoon (Tbsp)	– 15 ml
¼ cup	– 60 ml
⅓ cup	– 80 ml
½ cup	– 125 ml
1 cup	– 250 ml
1 pint	– 475 ml
1 quart	– 950 ml
1 gallon	– 3.8 litres

Length

Metric	Imperial
1.25 cm	– ½ inch
2.5 cm	– 1 inch
10 cm	– 4 inches
20 cm	– 8 inches
30 cm	– 12 inches (1 foot)

Oven Temperatures

Celsius (°C)	Fahrenheit (°F)	Gas Mark
120°C	– 250°F	– ½
150°C	– 300°F	– 2
160°C	– 325°F	– 3
180°C	– 350°F	– 4
190°C	– 375°F	– 5
200°C	– 400°F	– 6
220°C	– 425°F	– 7
230°C	– 450°F	– 8
245°C	– 475°F	– 9