WorkAbilities
A Transition Center for Adolescents and Adults with Special Needs
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Name_____

Date _____

Kitchen Conversions

BASIC KITCHEN CONVERSIONS & EQUIVALENTS

DRY MEASUREMENTS CONVERSION CHART

3 TEASPOONS = 1 TABLESPOON = 1/16 CUP
6 TEASPOONS = 2 TABLESPOONS = 1/8 CUP
12 TEASPOONS = 4 TABLESPOONS = ¼ CUP
24 TEASPOONS = 8 TABLESPOONS = ½ CUP
36 TEASPOONS = 12 TABLESPOONS = ¾ CUP
48 TEASPOONS = 16 TABLESPOONS = 1 CUP

LIQUID MEASUREMENTS CONVERSION CHART

8 FLUID OUNCES = 1 CUP = ½ PINT
= ¼ QUART
16 FLUID OUNCES = 2 CUPS = 1 PINT
= ½ QUART
32 FLUID OUNCES = 4 CUPS = 2 PINTS
= 1 QUART = ¼ GALLON
128 FLUID OUNCES = 16 CUPS = 8 PINTS
= 4 QUARTS = 1 GALLON

BUTTER

1 CUP BUTTER = 2 STICKS = 8 OUNCES
= 230 GRAMS = 8 TABLESPOONS

METRIC TO US COOKING CONVERSIONS

OVEN TEMPERATURES

120 C = 250 F
160 C = 320 F
180 C = 350 F
205 C = 400 F
220 C = 425 F

BAKING IN GRAMS

1 CUP FLOUR = 140 GRAMS
1 CUP SUGAR = 150 GRAMS
1 CUP POWDERED SUGAR = 160 GRAMS
1 CUP HEAVY CREAM = 235 GRAMS

VOLUME

1 MILLILITER = 1/5 TEASPOON
5 ML = 1 TEASPOON
15 ML = 1 TABLESPOON
240 ML = 1 CUP OR 8 FLUID OUNCES
1 LITER = 34 FL. OUNCES

WEIGHT

1 GRAM = .035 OUNCES
100 GRAMS = 3.5 OUNCES
500 GRAMS = 1.1 POUNDS
1 KILOGRAM = 35 OUNCES

US TO METRIC COOKING CONVERSIONS

1/5 TSP = 1 ML
1 TSP = 5 ML
1 TBSP = 15 ML
1 FL OUNCE = 30 ML
1 CUP = 237 ML
1 PINT (2 CUPS) = 473 ML
1 QUART (4 CUPS) = .95 LITER
1 GALLON (16 CUPS) = 3.8 LITERS
1 OZ = 28 GRAMS
1 POUND = 454 GRAMS

WHAT DOES 1 CUP EQUAL ?

1 CUP = 8 FLUID OUNCES
1 CUP = 16 TABLESPOONS
1 CUP = 48 TEASPOONS
1 CUP = ½ PINT
1 CUP = ¼ QUART
1 CUP = 1/16 GALLON
1 CUP = 240 ML

BAKING PAN CONVERSIONS

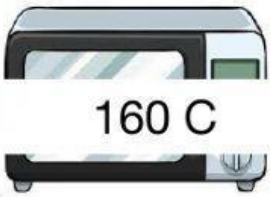
9-INCH ROUND CAKE PAN = 12 CUPS
10-INCH TUBE PAN =16 CUPS
10-INCH BUNDT PAN = 12 CUPS
9-INCH SPRINGFORM PAN = 10 CUPS
9 X 5 INCH LOAF PAN = 8 CUPS
9-INCH SQUARE PAN = 8 CUPS

BAKING PAN CONVERSIONS

1 CUP ALL-PURPOSE FLOUR = 4.5 OZ
1 CUP ROLLED OATS = 3 OZ
1 LARGE EGG = 1.7 OZ
1 CUP BUTTER = 8 OZ
1 CUP MILK = 8 OZ
1 CUP HEAVY CREAM = 8.4 OZ
1 CUP GRANULATED SUGAR = 7.1 OZ
1 CUP PACKED BROWN SUGAR = 7.75 OZ
1 CUP VEGETABLE OIL = 7.7 OZ
1 CUP UNSIFTED POWDERED SUGAR = 4.4 OZ

LIVEWORKSHEETS

INSTRUCTIONS: Match the kitchen conversions by drawing a line to the correct answer.



1.1 POUNDS

4 CUPS

16 TSPS

16 CUPS

320 F

1/8 CUP

LIVEWORKSHEETS

INSTRUCTIONS: Choose the correct unit of conversion. Tablespoon or Teaspoon.

1/16 CUP	3	
1/2 CUP	24	
1/8 CUP	2	
5 ML	1	
1 ML	1/5	
1 CUP	48	
3/4 CUP	12	
1/4 CUP	4	
15 ML	1	

LIVEWORKSHEETS

INSTRUCTIONS: Convert the following ingredient measurements as indicated in the recipe.

Caramel Cheesecake

Ingredients	Answer	Unit of Measurement
1 cup crushed vanilla wafer		tbsp
2 tablespoons of sugar		cup
1/4 cup butter		tsp
8 ounces cream cheese		cup
1/2 cup sugar		tbsp

Blueberry Cheesecake

Ingredients	Answer	Unit of Measurement
8 ounces Marie Crackers		cup
8 tbsp unsalted butter		cup
1.1 pound cream cheese		grams
2 tbsp flour		tsp
1 tsp vanilla extract		ml
1/2 cup sour cream		tbsp
1 and 1/2 cup caster sugar		tbsp
100 g blueberries		ounces
2 tbsp lemon		tsp
1/2 cup white sugar		tbsp
1 tsp vanilla extract		ml
2 tbsp water		cup
1 and 1/2 tsp corn flour		tbsp

LIVEWORKSHEETS