

pound/kilograms

vs.

Metric **vs.** Imperial Units

Conversion Chart

Measurements of Volume

1 **fluid ounce** = 29.57 **milliliters**
1 **gallon** = 3.79 **liters**

Measurements of Weight

1 **ounce** = 28.35 **grams**
1 **pound** = 0.45 **kilograms**

Measurements of Temperature
Use the following formula to convert **Fahrenheit** (°F) to **Celsius** (°C): $^{\circ}\text{C} = ({}^{\circ}\text{F} - 32) \times 5/9$

To convert a measurement from imperial units to the metric system, just multiply.
5 **fluid ounces** to **milliliters**: $5 \times 29.57 = 147.85$ **milliliters**.

To convert a measurement from metric units to imperial units, just divide.
12 **kilograms** to **pounds**: $12 \div 0.45 = 26.67$ **pounds**

1. Match the words (1-6) with the definitions (a-f)

1. ____ gallon

4. ____ milliliter

2. ____ pound

5. ____ kilogram

3. ____ Celsius

6. ____ Fahrenheit

A a metric unit of weight

B an imperial unit of volume

C based on boiling at 212 degrees

D an imperial unit of weight

E based on boiling water 100 degrees

F a metric unit of volume

4 Read the sentence pairs. Choose which word or phrase best fits each blank.

1 ounces / fluid ounces

A Use a measuring cup to measure _____.

B Use a scale to measure _____.

2 liter / gram

A A _____ is a smaller amount than a gallon.

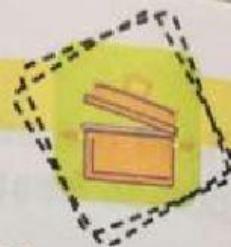
B A _____ weighs less than a pound.

3 imperial / metric

A The _____ system uses the gallon.

B The _____ system uses the kilogram.

Jammie's Cookbook



Introduction to Imperial Measurements

The easiest way to ruin a **recipe** is to measure ingredients incorrectly.

You likely need **pints** for main ingredients. If you only have **cups**, two cups **equal** one pint. Secondary ingredients often require **tablespoons**. Concentrated ingredients like spices typically call for the even smaller **teaspoon**.

Some terms are tricky because they do not refer to precise amounts. Use roughly a tablespoon when a recipe calls for a **spoonful**. A **dash** refers to the amount you can pick up with your thumb and forefinger. A **pinch** is about half a dash, and a **smidgen** is about half a pinch. The smallest amount you can reasonably add is a **drop**.

Place the words from the word bank under the correct headings.

Cup

smidgen

pint

dash

Spoonful

tablespoon

teaspoon

Large exact units	Small exact units	Inexact units