



Weight Abbreviations

Metric		
l	=	Litres
ml	=	millilitres
g	=	grams

Imperial		
oz	=	ounce
lb	=	pound
fl.oz	=	fluid ounce



Oven Temperature Conversions

	Fahrenheit	Celsius/Centigrade
Cool Oven	200	95
Low Oven	225	100
Slow Oven	300	150
Moderate Oven	350	180
Hot Oven	400	205
Very Hot Oven	450-500	230-260

Weights and Measures Conversions

1 cup	=	250ml
1 teaspoon	=	5ml
1 tablespoon	=	15ml
1 fl.oz	=	30ml
100ml	=	3.3 fl.oz
1 oz	=	26g
1 lb	=	16 oz
1 lb	=	454 grams
100g	=	0.22 lb
100g	=	3.5 oz
1 litre	=	1.8 pints
1 pint	=	568ml

