KITCHEN MEASUREMENTS

[VISUAL]

SPONNS

TABLESPOONS AND TEASPOONS ARE USED TO MEASURE SMALL QUANTITIES OF DRY FOOD LIKE SALT, BAKING POWDER

CUPS

MEASURING CUP FOR DRY INGREDIENTS LIKE FLOUR AND SUGAR

MEASURING CUP FOR WET INGREDIENTS, WITH A SPOUT AND HANDLE TO POUR THE LIQUID

CONVERSIONS

<table>
<thead>
<tr>
<th>LIQUID</th>
<th>DRY</th>
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</thead>
<tbody>
<tr>
<td>1 TSP</td>
<td>0.16 oz = 5 ml → 4.7 gr</td>
</tr>
<tr>
<td>1 TBSP</td>
<td>0.5 oz = 15 ml → 44.3 gr</td>
</tr>
<tr>
<td>1 CUP</td>
<td>8 oz = 240 ml = 227 gr</td>
</tr>
<tr>
<td>2 CUPS</td>
<td>16 oz = 480 ml = 454 gr</td>
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<tr>
<td>4 CUPS</td>
<td>32 oz = 950 ml = 908 gr</td>
</tr>
<tr>
<td>4 QUARTS</td>
<td>128 oz = 3.78 L = 3.63 Kg</td>
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</tbody>
</table>

ABBREVIATIONS

t. oz. tsp = TEASPOON
T. or Tbsp = TABLESPOON
c. = cup
pt. = pint
q.t. = quart
oz. = ounce
lb. = pound
pkg. = package
ml. = milliliter
L. = Liter
g. = gram
K. = Kilogram

1 GALLON:
4 QUARTS
8 PINTS
16 CUPS
128 OZ

1 QUART:
2 PINTS
4 CUPS
32 OZ

1 PINT:
2 CUPS
32 TBSP
16 OZ

1 CUP
16 TBSP
8 OZ

Illustrated by Tais Reis: | www.edibleschoolyard.org