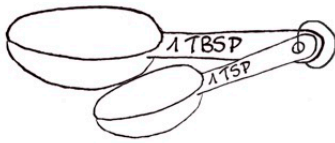




[VISUAL]

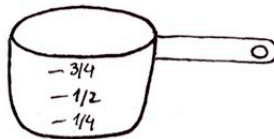
KITCHEN MEASUREMENTS

SPOONS

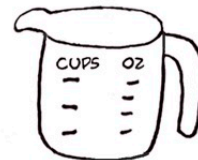


TABLESPOONS AND TEASPOONS ARE USED TO MEASURE SMALL QUANTITIES OF DRY FOOD LIKE SALT, BAKING POWDER

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

			LIQUID
1 TEASPOON	= 1 TSP	= 0.16 oz	= 5 ml
1 TABLESPOON	= 1 TBSP	= 0.5 oz	= 15 ml
1 CUP	= 16 TBSP	= 8.0 oz	= 240 ml
2 CUPS	= 1 PINT	= 16.0 oz	= 480 ml
4 CUPS	= 1 QUART	= 32.0 oz	= 950 ml
4 QUARTS	= 1 GALLON	= 128.0 oz	= 3.78 L

ABBREVIATIONS

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

