KITCHEN MEASUREMENTS

[VISUAL]

Spoons

Cups

Tablespoons and teaspoons are used to measure small quantities of dry food like salt, baking powder.

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>1 teaspoon = 1TSP = 0.16 oz = 5 ml</th>
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</thead>
<tbody>
<tr>
<td>1 tablespoon = 1 TBSP = 0.5 oz = 15 ml</td>
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<tr>
<td>1 cup = 16 TBSP = 8.0 oz = 240 ml</td>
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<tr>
<td>2 cups = 1 pint = 16.0 oz = 480 ml</td>
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<tr>
<td>4 cups = 1 quart = 32.0 oz = 950 ml</td>
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<tr>
<td>4 quarts = 1 gallon = 128.0 oz = 3.78 L</td>
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</tbody>
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Abbreviations

t. oz. 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

Illustrated by Tais Reis:  | www.edibleschoolyard.org