

Conversion charts

Use the conversion charts here to help you convert unfamiliar measurements you may find in recipes.

You should never mix measurements when using recipes. Always use either the metric or imperial quantities for ingredients.

When ordering foods or writing out your recipes for your Practical Cookery course, you must use **metric** measurements. If you are not sure how to convert from one measure to the other, use the charts below or go to the following website:

<http://www.convert-me.com/en/>

Oven temperature

Gas mark	¼	½	1	2	3	4	5	6	7	8	9
°Fahrenheit	225	250	275	300	325	350	375	400	425	450	475
°Celsius	110	130	140	150	170	180	190	200	220	230	240
Description	very cool / very slow		cool		very moderate	moderate		moderately hot	hot		very hot

Conversion guides

Weights

Metric to imperial

1 gram (g) = 1000mg = 0.0353 ounces
1 kilogram (kg) = 1000g = 2.2046 pounds

Imperial to metric

1 ounce (oz) = 28.35g
1 pound (lb) = 16 ounces = 0.4536kg
1 stone (st) = 14lb = 6.3503kg

Liquids

Metric to imperial

15ml = ½ fl. oz
30ml = 1 fl. oz
500ml = 18 fl. oz
1 litre = 1.76 pt

Imperial to metric

½ fl. oz = 15ml
1 fl. oz = 30ml
5 fl. oz = ¼ pint (pt) = 150ml
10 fl. oz = ½ pt = 300ml
20 fl. oz = 1 pt = 600ml

Exact conversions for liquids

1 litre = 35.21 fl. oz = 1.76 pt
5 millilitres = 0.176 fl. oz

1 pint = 568ml
1 fl. oz = 28.4ml

Other measures for liquids

Exact conversions

1 British pint = 568 ml / 0.568 litre

16 fl oz = 1 US pint

<i>Imperial</i>	<i>Metric</i>	<i>US cups</i>
1/2 fl oz	15 ml	1 level tablespoon
1 fl oz	30 ml	1/8 cup
2 fl oz	60 ml	1/4 cup
3 fl oz	90 ml	3/8 cup
4 fl oz	125 ml	1/2 cup
5 fl oz / 1/4 pint	150 ml	2/3 cup
6 fl oz	175 ml	3/4 cup
8 fl oz	250 ml	1 cup
10 fl oz / 1/2 pint	300 ml	1 1/4 cups
12 fl oz	375 ml	1 1/2 cups
16 fl oz	500 ml	2 cups
20 fl oz / 1 pint	600 ml	2 1/2 cups
1 1/2 pints	900 ml	3 3/4 cups
1 3/4 pints	1 litre	4 cups / 1 quart
2 pints	1 1/4 litres	1 1/4 quarts
2 1/3 pints	1 1/2 litres	3 US pints
3 1/4 pints	2 litres	2 quarts

Measures for weights

Grams	Ounces
1	0.0353
10	0.353
50	1.8
100	3.53
150	5.3
200	7.1
250	8.8
300	10.6
350	12.4
400	14.2
450	15.9
500	17.7

General conversion guide for weights

METRIC				
Unit	Metric equivalent	Imperial equivalent	To convert multiply by
1 gram (g)	1000 mg	0.0353 ounces	grams to ounces	0.0353
1 kilogram (kg)	1000 g	2.2046 pounds	kilograms to pounds	2.2046
1 tonne (t)	1000 kg	0.9842 ton	-	-
IMPERIAL				
Unit	Imperial equivalent	Metric equivalent	To convert multiply by
1 ounce (oz)	-	28.350 g	ounces to grams	28.35
1 pound (lb)	16 ounces	0.4536 kg	pounds to kilograms	0.4536
1 stone (st)	14 pounds	6.3503 kg	-	-