

IMPERIAL	METRIC	IMPERIAL	METRIC	IMPERIAL	METRIC
1/2 OZ	15g	7oz	200g	15oz	425g
³ /4 OZ	20g	8oz (½lb)	230g	16oz (1lb)	450g
1oz	30g	9oz	255g	24oz	680g
2oz	60g	10oz	285g	32oz (2lb)	0.9kg
3oz	85g	11oz	310g	48oz (3lb)	1.4kg
4oz (1/4lb)	115g	12oz (¾lb)	340g	64oz (4lb)	1.8kg
5oz	140g	13oz	370g		
6oz	170g	14oz	400g	1 kg = 35 oz	/2.2lbs

1oz = 28.35g 1g = 0.035oz

B Weights

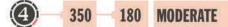
°OVEN TEMPS



250	120	VERY SLOW
275	140	













230 HOT

240 VERY HOT

°C	X	1.8	+	32	= °F
°F	_	32	0	1.8	= °C

8	ONE CUP	IMP.	METRIC
	Flour	5oz	140g
	Caster Sugar	8oz	225g
	Brown Sugar	6oz	170g
	Butter	8oz	225g
THE REAL PROPERTY.	Sultanas/Raisins	7oz	200g
15/10/2019	Currants	5oz	140g
	Golden Syrup	12oz	340g
	Uncooked Rice	7oz	200g
\	Grated Cheese	4oz	110g

METRIC CONVERSION

LIQUIDS

	PINT	METRIC	CUPS	FL OZ.	
		100ml		31/2	
		125ml	1/2	41/2	
	1/4	150ml		5	
		200ml		7	
		250ml	1	9	
	1/2	275ml		10	
		300ml		11	
		400ml		14	
		500ml	2	18	
	1	570ml		20	
		750ml	3	26	
	13/4	1.0L	4	35	
	2	1.1L		40	
		1.3L	5	46	
	3	1.7L		60	
1		2.0L	8	70	
1	********				

Water

Boils at: 100°C 212°F

Freezes at: 0°C 32°F

= 1.76 Pints 1 Litre

1 Pint UK = 568 ml

1 Pint US = 16 fl oz

1fl oz = 28.41 ml $= 0.035 \, \text{fl oz}$ 1 ml

1 Cup US = 250 ml