

METRIC CONVERSION CHART

Measurement Guide

Abbreviation Key

tsp	=	teaspoon
tbsp	=	tablespoon
dsp	=	dessert spoon

U.S. Standard—U.K.

$\frac{1}{4}$ tsp	=	$\frac{1}{4}$ tsp (scant)
$\frac{1}{2}$ tsp	=	$\frac{1}{2}$ tsp (scant)
$\frac{3}{4}$ tsp	=	$\frac{1}{2}$ tsp (rounded)
1 tsp	=	$\frac{3}{4}$ tsp (slightly rounded)
1 tbsp	=	$2\frac{1}{2}$ tsp
$\frac{1}{4}$ cup	=	$\frac{1}{4}$ cup minus 1 dsp
$\frac{1}{3}$ cup	=	$\frac{1}{4}$ cup plus 1 tsp
$\frac{1}{2}$ cup	=	$\frac{1}{3}$ cup plus 2 dsp
$\frac{2}{3}$ cup	=	$\frac{1}{2}$ cup plus 1 dsp
$\frac{3}{4}$ cup	=	$\frac{1}{2}$ cup plus 2 tbsp
1 cup	=	$\frac{3}{4}$ cup and 2 dsp

Oven Temperatures Guide

Fahrenheit (F)—Celcius (C)

250°F	=	120°C
275°F	=	140°C
300°F	=	150°C
325°F	=	160°C
350°F	=	180°C
375°F	=	190°C
400°F	=	200°C
425°F	=	220°C
450°F	=	230°C
475°F	=	245°C
500°F	=	260°C