

Liquid Volumes

1/3 tablespoon	1 teaspoon	1/6 fluid ounce	5 ml
1 tablespoon	3 teaspoons	1/2 fluid ounce	15 ml
2 tablespoons	1/8 cup	1 fluid ounce	30 ml
4 tablespoons	1/4 cup	2 fluid ounces	60 ml
5 1/3 tablespoons	1/3 cup	2 3/4 fluid ounces	79 ml
8 tablespoons	1/2 cup	4 fluid ounces	118 ml
12 tablespoons	3/4 cup	6 fluid ounces	177 ml
2 cups	1 pint	8 fluid ounces	473 ml
2 pints	1 quart	16 fluid ounces	946 ml
4 quarts	1 gallon	128 fluid ounces	3.8 ltrs

Weight/Mass

1/2 ounce		14 g
1 ounce		28 g
2 ounces	1/8 pound	56 g
3 ounces		85 g
3.5 ounces		100 g
4 ounces	1/4 pound	113 g
8 ounces	1/2 pound	227 g
12 ounces	3/4 pound	340 g
16 ounces	1 pound	454 g

Temperature

Celsius	Fan Assisted	Fahrenheit	Gas Mark
110		225	1/4
120		250	1/2
140	120	275	1
150	130	300	2
170	150	325	3
180	160	350	4
190	170	375	5
200	180	400	6
220	200	425	7
230	210	450	8
240	220	475	9

Inches to Centimeters

1	2.5
2	5
3	7.5
4	10
5	12.5
6	15
7	17.5
8	20
9	22.5
10	25
11	27.5
12	30
13	32.5
14	35
15	37.5

Dash and Pinch

1 Dash	1/16 teaspoon
1 pinch	1/8 teaspoon

Egg Timer

Runny	6 minutes
Soft	8 minutes
Hard	10 minutes
Ruined	12 minutes

Steak

Rare	4 Minutes
Medium	6 Minutes
Medium Rare	8 Minutes
Well Done	14 Minutes