



Conversion Tables

Oven Temperature Guide

	Celsius Electric	Celsius Fan Forced	Fahrenheit	Gas Mark
Very Slow	130°	110°	275°	1
Slow	150°	130°	300°	2
Moderately Slow	160°	140°	325°	3
Moderate	180°	160°	350°	4
Moderately Hot	190°	170°	375°	5
Hot	200°	180°	400°	6
Very Hot	220°	200°	425°	7
Extremely Hot	230°	210°	450°	8
Broiling	250°	230°	475°	9

Cup & Spoon Measurement Guide

Unit	Volume
¼ tsp	1.25ml
½ tsp	2.5ml
1 tsp	5ml
2 tsp	10ml
1 tbsp	20ml
¼ cup	60ml
⅓ cup	80ml
½ cup	125ml
1 cup	250ml
2 cups	500ml
4 cups	1L

Temperature

Celsius	Fahrenheit
100°	212°
120°	248°
140°	284°
150°	302°
160°	320°
170°	338°
180°	356°
190°	374°
200°	392°
210°	410°
220°	428°

Weight

Metric	Imperial
10g	0.3oz
15g	0.5oz
20g	0.7oz
50g	1.8oz
75g	2.6oz
100g	3.5oz
125g	4.4oz
150g	5.3oz
175g	6.2oz
200g	7.0oz
500g	1.1lb
1kg	2.2lb