



# Orientation

## Abbreviations and Conversions

IMPERIAL UNITS	METRIC
1/4 teaspoon (tsp)	1 mL
1/2 tsp	2 mL
tsp	5 mL
1 tablespoon (tbsp.)	15 mL
1/4 cup (c)	40 mL
1/3 cup	75 mL
1/2 cup	125 mL
2/3 cup	150 mL
3/4 cup	175 mL
1 cup	250 mL
4 cups	1000 mL or 1 Litre (L)

ABBREVIATIONS	
tsp	teaspoon
tbsp.	tablespoon
oz.	ounce
lb.	pound
mL	millilitre
g	gram
kg	kilogram

*Let's Get Cookin'!*