

## Teacher Information

# Common Measurements

Commodity	1Table spoon*	1 Cup*	¾ Cup	2/3 Cup	½ Cup	1/3 Cup	¼ Cup
Arrowroot	10g	130g	100g	90g	65g	45g	35g
Baking powder	10g	130g	100g	90g	65g	45g	35g
Bicarbonate of soda	10g	130g	100g	90g	65g	45g	35g
Breadcrumbs, dried	10g	90g	65g	60g	45g	35g	25g
Breadcrumbs, fresh	5g	40g	30g	25g	20g	12g	10g
Butter	20g	250g	190g	165g	125g	85g	65g
Cheese	20g	250g	190g	165g	125g	85g	65g
Cheese, grated	10g	120g	90g	80g	60g	40g	30g
Cocoa	10g	130g	100g	90g	65g	45g	35g
Coconut	8g	90g	70g	60g	45g	30g	25g
Cornflour	10g	130g	100g	90g	65g	45g	35g
Couscous	15g	200g	150g	135g	100g	70g	50g
Cream	20g	250g	190g	165g	125g	85g	65g
Cream cheese	20g	250g	190g	165g	125g	85g	65g
Cream of Tartar	10g	130g	100g	90g	65g	45g	35g
Custard powder	10g	130g	100g	90g	65g	45g	35g
Dried fruit	15g	180g	135g	120g	90g	60g	45g
Flour	10g	150g	110g	100g	75g	50g	40g
Fruit puree	20g	200g	150g	135g	100g	70g	50g
Gelatine	12g	150g	110g	100g	75g	50g	40g
Glucose, liquid	25g	330g	250g	220g	165g	110g	80g
Golden syrup	20g	250g	190g	165g	125g	85g	65g
Honey	20g	250g	190g	165g	125g	85g	65g
Jam	20g	250g	190g	165g	125g	85g	65g
Lentils	15g	200g	150g	135g	100g	70g	50g

\*1 Cup = 250ml 1 Tablespoon = 20ml

Commodity	1Table spoon	1 Cup	¾ Cup	2/3 Cup	½ Cup	1/3 Cup	¼ Cup
Meat, uncooked, chopped	20g	220g	165g	160g	110g	80g	55g
Meat, cooked, chopped	12g	150g	110g	100g	75g	50g	40g
Milk	20g	250g	190g	165g	125g	85g	65g
Milk powder	10g	100g	75g	65g	50g	40g	25g
Nuts, chopped	15g	120g	90g	80g	60g	40g	30g
Nuts, whole	10g	100g	75g	65g	50g	40g	25g
Oil	20g	250g	190g	165g	125g	85g	65g
Pasta, uncooked	10g	100g	75g	66g	50g	33g	25g
Pasta, Cooked	20g	200g	150g	135g	100g	70g	50g
Polenta	12g	150g	110g	100g	75g	50g	40g
Rice, uncooked	15g	200g	150g	135g	100g	70g	50g
Rice flour	10g	130g	100g	90g	65g	45g	35g
Rolled oats	10g	100g	75g	65g	50g	40g	25g
Salt	20g	250g	190g	165g	125g	85g	65g
Sesame seeds	12g	150g	110g	100g	75g	50g	40g
Spices	10g	130g	100g	90g	65g	45g	35g
Sugar	20g	250g	190g	165g	125g	85g	65g
Sugar, brown	15g	180g	135g	120g	90g	60g	45g
Sugar, caster	20g	250g	190g	165g	125g	85g	65g
Sugar, icing	15g	180g	135g	120g	90g	60g	45g
Tomato, diced	20g	200g	150g	135g	100g	70g	50g
Tomato Paste	20g	250g	190g	165g	125g	85g	65g
Vegetables, chopped	12g	150g	110g	100g	75g	50g	40g
Vegetables, mashed	20g	250g	190g	165g	125g	85g	65g
Yeast Dried	14g	180g	135g	120g	90g	60g	45g
Yoghurt	20g	250g	190g	165g	125g	85g	65g