

Teacher Information

Weighing and Measuring

Measuring Cups



Measuring Spoons



1 Tablespoon (Tbsp) = (20ml)

1 teaspoon (tsp) = (5ml)

½ teaspoon = (2.5 ml)

¼ teaspoon = (1.25 ml)

4 teaspoons = 1 Tablespoon

Liquid Measuring Jug

1 metric cup = 250 ml
 ¾ metric cup = 187 ml
 ⅔ metric cup = 166 ml
 ½ metric cup = 125 ml
 ⅓ metric cup = 83 ml
 ¼ metric cup = 63 ml

