

## Weights, volumes and lengths / Gewicht, volumes en lengtes

### Weights, volumes and lengths

1 kilo 1000 gram  
1 pond 500 gram  
1 ons 100 gram

| Oz | grams |
|----|-------|
| 1  | 28    |
| 2  | 57    |
| 3  | 85    |
| 4  | 113   |
| 5  | 142   |
| 6  | 170   |
| 7  | 198   |
| 8  | 227   |
| 9  | 255   |
| 10 | 284   |
| 11 | 312   |
| 12 | 340   |
| 13 | 369   |
| 14 | 397   |
| 15 | 425   |



| lb | grams |
|----|-------|
| 1  | 454   |
| 2  | 907   |

| American | Imperial | Metric  |
|----------|----------|---------|
| ¼ cup    | 2 fl oz  | 60 ml   |
| ½ cup    | 4 fl oz  | 120 ml  |
| ¾ cup    | 6 fl oz  | 180 ml  |
| 1 cup    | 8 fl oz  | 240 ml  |
| 1 ¼ cup  | 10 fl oz | 300 ml  |
| 1 ½ cup  | 12 fl oz | 360 ml  |
| 1 ¾ cup  | 14 fl oz | 420 ml  |
| 2 cups   | 16 fl oz | 480 ml  |
| 3 cups   | 24 fl oz | 720 ml  |
| 4 ¼ cups | 34 fl oz | 1 liter |

| Inches | Centimeters |
|--------|-------------|
| 1      | 2,54        |
| 2      | 5,08        |
| 3      | 7,62        |
| 4      | 10,16       |
| 5      | 12,7        |
| 6      | 15,24       |
| 7      | 17,78       |

|    |       |
|----|-------|
| 8  | 20,32 |
| 9  | 22,86 |
| 10 | 25,4  |
| 11 | 27,94 |
| 12 | 30,48 |
| 13 | 33,02 |
| 14 | 35,56 |
| 15 | 38,1  |
| 16 | 40,64 |
| 17 | 43,18 |
| 18 | 45,72 |
| 19 | 48,26 |



|     | C   | C   | F   |
|-----|-----|-----|-----|
| 500 | 260 | 250 | 482 |
| 450 | 232 | 225 | 437 |
| 400 | 204 | 200 | 392 |
| 350 | 177 | 175 | 347 |
| 300 | 149 | 150 | 302 |
| 250 | 121 | 125 | 257 |
| 200 | 93  | 100 | 212 |
| 150 | 66  | 75  | 167 |
| 110 | 43  | 50  | 122 |
| 100 | 38  | 40  | 104 |
| 90  | 32  | 35  | 95  |
| 80  | 27  | 30  | 86  |
| 70  | 21  | 25  | 77  |
| 60  | 16  | 20  | 68  |
| 50  | 10  | 15  | 59  |
| 40  | 4   | 10  | 50  |
| 30  | -1  | 5   | 41  |
| 20  | -7  | 0   | 32  |
| 10  | -12 | -5  | 23  |
| 0   | -18 | -10 | 14  |
|     |     | -15 | 5   |
|     |     | -20 | -4  |

| Oven       | C   | F   | Gas mark |
|------------|-----|-----|----------|
| Very cool  | 130 | 260 | 0.5-1    |
| Cool       | 150 | 300 | 2        |
| Warm       | 170 | 325 | 3        |
| Moderate   | 180 | 350 | 5        |
| Fairly hot | 200 | 380 | 5-6      |
| Hot        | 220 | 460 | 7-8      |