

Name: _____

Kitchen Equivalents

Dry or Liquid Ingredients:		Measuring Fluids:	
a dash	= less than 1/8 tsp.	2 cups	= 1 pint
3 teaspoons	= 1 Tablespoon	4 cups	= 2 pints
4 Tablespoons	= 1/4 cup	2 pints	= 1 quart
5 1/3 Tbsp.	= 1/3 cup	4 quarts	= 1 gallon
16 Tablespoons	= 1 cup		
Weight:		Fluid Ounces:	
1/2 pound	= 8 oz.	2 tablespoons	= 1 fluid ounce
1 pound	= 16 oz.	1 cup	= 8 fluid ounces
Metric:		1 pint	= 16 fluid ounces
1 liter	= 1 quart plus 1/4 cup	1 quart	= 32 fluid ounces

Study the table above. Without looking at the table, write the answer to the first problem below. Look back at the table to check your work. Change your answer if needed. Finish the rest of the sheet the same way.

_____ cups = 1 pint

_____ quarts = 1 gallon

_____ tablespoons = 1 ounce liquid

_____ pints = 1 quart

_____ ounces = 1 cup

_____ ounces = 1 pound

_____ tablespoons = 1 cup

_____ cups = 1 quart

_____ teaspoons = 1 tablespoon

_____ quart = 1 liter

8 ounces = 1 _____

4 cups = 1 _____

3 teaspoons = 1 _____

2 pints = 1 _____

16 tablespoons = 1 _____

4 quarts = 1 _____

1 pint = 2 _____

1 quart = 32 _____