

## Self Directed Learning Series

## **Recipe for Success**

## **Conversion Tables**

Weight			
1 Imperial Ounce	=	28 gm	
1 cup	=	227 gm	
1 Imperial pound	=	454 gm	

Volume			
1 teaspoon	=	4.93 ml	
1 tbsp	=	15 ml	
1 fl. Oz	=	28.4 ml	
1 cup	=	284 ml	
1 litre	=	35.2 fl. oz.	
1 Imperial quart	=	1.136 litres	