

## Metric Conversion Scales

### Oven temperature scales

°C	°F	GasMark
110°C	225°F	¼
130	250	½
140	275	1
150	300	2
170	325	3
180	350	4
190	375	5
200	400	6
220	425	7
230	450	8
240	475	9

### Weight conversions

Grams	Ounces
30g	1oz
55g	2oz
85g	3oz
110g	4oz
150g	5oz
180g	6oz
200g	7oz
225g	8oz
250g	9oz
275g	10oz
315g	11oz
350g	12oz
375g	13oz
400g	14oz

### Liquid conversions

Metric	Imperial	Floz
5ml	1tsp	
15ml	1tbsp	
25ml		1f oz
75ml	4 tbsp	3f oz
100ml		4f oz
150ml	¼ pt	5f oz
290ml	½ pt	10f oz
290ml	½ pt	10f oz
575ml	1 pt	20f oz
700ml	1 ¼ pt	25f oz
850ml	1 ½ pt	30f oz
1l	1 pt	35 f oz

1kg is equal to 2.2lb