

# Common Conversions

<b>Time</b>
1 min = 60 sec 1 hr = 60 min 1 day = 24 hours 1 yr = 365 day 1 yr = 12 months 1 yr = 52 weeks 1 wk = 7 days

<b>Distance</b>		
Metric	Metric to US	US
1000 mm = 1m 10 mm = 1cm 100 cm = 1m 1000 m = 1km	2.54 cm = 1 in 1.60934 km = 1 mi	1 yd = 3ft 1 ft = 12 in 1 mi = 5280 ft

<b>Weight</b>		
Metric	Metric to US	US
1000 mg = 1g 10 mg = 1cg 100 cg = 1g 1000 g = 1kg	1 kg = 2.2 lb	1 lb = 16 oz 1 ton = 2000 lb

<b>Liquid Volume</b>		
Metric	Metric to US	US
1000 mL = 1L 10 mL = 1cL 100 cL = 1L 1000 L = 1kL	1 fl oz = 30 mL 1 pint = 500mL 1 tbsp = 15 mL 1 tsb = 5 mL	2 cups = 1 pint 1 qt = 2 pint 1 gal = 4 qt ¼ cup = 4 tbsp



## Kitchen 101

### Volume Conversions

60 drops  =  1 teaspoon (5 ml)



16 dashes  =  1 teaspoon (5 ml)

8 pinches  =  1 teaspoon (5 ml)



1 1/2 teaspoons  =  1/2 tablespoon (7.5 ml)

3 teaspoons  =  1 tablespoon (15 ml)

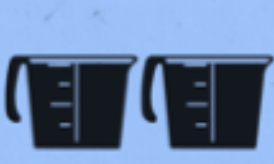

2 tablespoons  =  1 fluid ounce (30 ml)

4 tablespoons  =  1/4 cup (60 ml)

2 2/3 fluid ounces  =  1/3 cup (80 ml)

4 fluid ounces  =  1/2 cup (120 ml)

8 fluid ounces  =  1 cup (240 ml)

2 cups  =  1 pint (475 ml)

4 cups  =  1 quart (950 ml)