

Conversion Charts

Cooking and Baking Temperatures

<u>Fahrenheit</u>	<u>Celsius</u>
250-275	121-133
300-325	149-163
350-375	177-190
400-425	204-218
500-575	260-274

Temperatures (Weather)

<u>Celsius</u>	<u>Fahrenheit</u>
-10	15
-5	24
0	32
5	41
10	50
15	59
20	68
25	77
30	86

To convert Fahrenheit to Celsius:

subtract 32

multiply by 5

divide by 9

i.e.,

$$86\text{ }^{\circ}\text{F} - 32 = 54$$

$$54 \times 5 = 270$$

$$270 / 9 = 30^{\circ}\text{C}$$

To convert Celsius to Fahrenheit:

multiply by 9

divide by 5

add 32

i.e.,

$$250\text{ }^{\circ}\text{C} \times 9 = 2250$$

$$2250 / 5 = 450$$

$$450 + 32 = 482\text{ }^{\circ}\text{F}$$

Cups	Millilitres	Tablespoons	Ounces
1	237	16	8
3/4	177	12	6
2/3	158	11	5
1/2	118	8	4
1/3	79	5	3
1/4	59	4	2
1/8	30	2	1
1/16	15	1	0.5

Ounces to grams	Multiply by 28.3
Grams to ounces	Multiply by 0.0353
Pounds to grams	Multiply by 453.59
Pounds to kilos	Multiply by 0.45
Ounces to millilitres	Multiply by 30
Cups to litres	Multiply by 0.24
Inches to centimeters	Multiply by 2.54
Centimetres to Inches	Multiply by 0.39
Miles to kilometres	Multiply by 1.609
Kilometres to miles	Multiply by 0.621