



A series of children's picture books
 Travel back in time and around the world uncovering
 magical stories behind the food we eat everyday!



DO THE MATH!

CONVERT YOUR RECIPES

LIQUIDS

Metric	Imperial	Cups
30 ml	1 fl oz	-
60 ml	2 fl oz	1/4 cup
125 ml	4 fl oz	1/2 cup
200 ml	6 fl oz	3/4 cup
250 ml	8 fl oz	1 cup
500 ml	16 fl oz	2 cups
600 ml	20 fl oz (1 pint)	2 1/2 cups

MASS (WEIGHT)

Metric	Imperial	Metric	Imperial
15 g	1/2 oz	315 g	10 oz
30 g	1 oz	345 g	11 oz
60 g	2 oz	375 g	12 oz (3/4 lb)
90 g	3 oz	410 g	13 oz
125 g	4 oz (1/4 lb)	440 g	14 oz
155 g	5 oz	470 g	15 oz
185 g	6 oz	500 g (0.5kg)	16 oz (1 lb)
220 g	7 oz	750 g	24 oz (1 1/2 lb)
250 g	8 oz (1/2 lb)	1000 g (1 kg)	32 oz (2 lb)
280 g	9 oz	1500 g (1.5kg)	48 oz (3 lb)

OVEN TEMPERATURE

Oven	Celsius	Fahrenheit
Very slow	120	250
Slow	140-150	275-300
Moderately slow	160	325
Moderate	180	350
Moderately hot	190	375
Hot	200-230	400-450
Very hot	250-260	475-500



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