

# Cooking and Counting

## How to Use this Chart

Teach your children that the same amount of food can be measured many different ways.

Instead of  $\frac{1}{2}$  cup, have them count 8 tablespoons when you're making a recipe.

Go straight across the rows to find measurements that are approximately equal to each other.



| Cups<br>(c)   | Tablespoons<br>(tbsp) | Teaspoons<br>(tsp) | Millilitres<br>(ml) |
|---------------|-----------------------|--------------------|---------------------|
| 1             | 16                    | 48                 | 240                 |
| $\frac{3}{4}$ | 12                    | 36                 | 180                 |
| $\frac{2}{3}$ | 10                    | 30                 | 160                 |
| $\frac{1}{2}$ | 8                     | 24                 | 120                 |
| $\frac{1}{3}$ | 5                     | 16                 | 80                  |
| $\frac{1}{4}$ | 4                     | 12                 | 60                  |