

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 (c)	Tablespoons (tbsp)	Teaspoons (tsp)	Millilitres (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