

# Kitchen Conversions

TEASPOON	TABLESPOON	CUPS	MILILITERS	FLUID OUNCES
<i>1 tsp</i>	<i>1/3 tbsp</i>		<i>5 ml</i>	
<i>3 tsp</i>	<i>1 tbsp</i>	<i>1/16 cup</i>	<i>15 ml</i>	<i>1/2 oz</i>
<i>6 tsp</i>	<i>2 tbsp</i>	<i>1/8 cup</i>	<i>30 ml</i>	<i>1 oz</i>
<i>12 tsp</i>	<i>4 tbsp</i>	<i>1/4 cup</i>	<i>59 ml</i>	<i>2 oz</i>
<i>16 tsp</i>		<i>1/3 cup</i>	<i>79 ml</i>	
<i>24 tsp</i>	<i>8 tbsp</i>	<i>1/2 cup</i>	<i>118 ml</i>	<i>4 oz</i>
<i>32 tsp</i>		<i>2/3 cup</i>	<i>158 ml</i>	
<i>36 tsp</i>	<i>12 tbsp</i>	<i>3/4 cup</i>	<i>177 ml</i>	<i>6 oz</i>
<i>36 tsp</i>	<i>16 tbsp</i>	<i>1 cup</i>	<i>177 ml</i>	<i>8 oz</i>

---

*a pinch = 1/8 teaspoon*

---

*3 teaspoon = 1 tablespoon*

---

*4 tablespoons = 1 cup*

---

*2 cups = 1 pint*

---

*2 pints = 1 quart*

---

*4 quarts = 1 gallon*

---

*8 quarts = 1 peck*

---

*4 pecks = 1 bushel*

---

## MEAT TEMPERATURE GUIDE

---

*beef @ 140 degrees = rare*

*beef @ 160 degrees = medium*

*beef @ 170 degrees = well done*

---

*ground pork @ 160 degrees = safe*

*pork roast @ 165 degrees = safe*

---

*whole chicken @ 180 degrees = safe*

---

*whole turkey @ 180 degrees = safe*

---

*lamb roast @ 145 degrees = safe*

---