

Nutrition for Outside School Hours Care • another NAQ Nutrition program

Cut these handy cards out and laminate them for your kitchen!

To convert Fahrenheit (F) to Centigrade (°C)	To convert Centigrade (°C) to Fahrenheit (F)
Subtract 32 and multiply by 0.56	Multiply by 1.8 and add 32
e.g. 450°F = 450 – 32 = 418 X 0.56 = 234°C	e.g. 180°C = 180 X 1.8 = 324 + 32 = 356°F

Handy Conversion Table		
Grams X 0.0322	to	Ounces
Kilogram X 2.2046	to	Pounds
Ounces X 31.1035	to	Grams
Pints X 568.24	to	Millilitres
1 cup	=	250mL
1 tablespoon	=	20mL
1 teaspoon	=	5mL

Common Recipe Ingredients	90g	125g	220g	250g
Dry Breadcrumbs	¾ cup	1 cup	1 ¼ cups	2 cups
Grated cheese	¾ cup	1 cup	1 ¾ cups	2 cups
Cocoa	¾ cup	1 ¼ cup	2 cups	2 ¼ cups
Desiccated coconut	1 cup	1 ⅓ cups	2 ⅓ cups	2 ⅔ cups
Currants	2/3 cup	¾ cup	1 ½ cups	1 ⅔ cups
Plain/self raising flour	¾ cup	1 cup	1 ¾ cups	2 cups
Wholemeal flour	2/3 cup	1 cup	1 ⅔ cups	1 ¾ cups
Mixed Fruit	½ cup	¾ cup	1 ⅓ cups	1 ½ cups
Honey	¼ cup	⅓ cup	2/3 cup	2/3 cup
Lentils	½ cup	2/3 cup	1 cup	1 ¼ cups
Short grain rice	½ cup	2/3 cup	1 cup	1 ¼ cups
Long grain rice	½ cup	¾ cup	1 ⅓ cups	1 ½ cups
Rolled oats	1 cup	1 ⅓ cups	2 ½ cups	2 ¾ cup
Granulated, brown and caster	⅓ cup	½ cup	1 cup	1 ¼ cup
Sultanas	½ cup	¾ cup	1 ¼ cup	1 ½ cups