

# Notes

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**Page 94** Breakfast-skipping participants in this study ...: Ibid

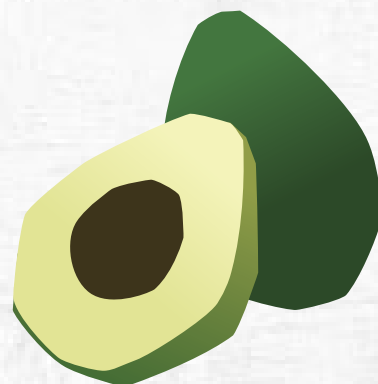
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## Conversion chart

Measuring cups and spoons may vary slightly from one country to another, but the difference is generally not enough to affect a recipe. All cup and spoon measures are level. One Australian metric measuring cup holds 250 ml (8 fl oz), one Australian metric tablespoon holds 20 ml (4 teaspoons) and one Australian metric teaspoon holds 5 ml. North America, New Zealand and the UK use a 15 ml (3-teaspoon) tablespoon.

LENGTH	
METRIC	IMPERIAL
3 mm	1/8 inch
6 mm	1/4 inch
1 cm	1/2 inch
2.5 cm	1 inch
5 cm	2 inches
18 cm	7 inches
20 cm	8 inches
23 cm	9 inches
25 cm	10 inches
30 cm	12 inches

LIQUID MEASURES		
ONE AMERICAN PINT	ONE IMPERIAL PINT	
500 ml (16 fl oz)	600 ml (20 fl oz)	
CUP	METRIC	IMPERIAL
1/8 cup	30 ml	1 fl oz
1/4 cup	60 ml	2 fl oz
1/2 cup	125 ml	4 fl oz
3/4 cup	180 ml	6 fl oz
1 cup	250 ml	8 fl oz
2 cups	500 ml	16 fl oz
2 1/4 cups	560 ml	20 fl oz
4 cups	1 litre	32 fl oz

DRY MEASURES	
The most accurate way to measure dry ingredients is to weigh them. However, if using a cup, add the ingredient loosely to the cup and level with a knife; don't compact the ingredient unless the recipe requests 'firmly packed'.	
METRIC	IMPERIAL
15 g	1/2 oz
30 g	1 oz
60 g	2 oz
125 g	4 oz (1/4 lb)
185 g	6 oz
250 g	8 oz (1/2 lb)
375 g	12 oz (3/4 lb)
500 g	16 oz (1 lb)
1 kg	32 oz (2 lb)

OVEN TEMPERATURES			
CELSIUS	FAHRENHEIT	CELSIUS	GAS MARK
100°C	200°F	110°C	1/4
120°C	250°F	130°C	1/2
150°C	300°F	140°C	1
160°C	325°F	150°C	2
180°C	350°F	170°C	3
200°C	400°F	180°C	4
220°C	425°F	190°C	5
		200°C	6
		220°C	7
		230°C	8
		240°C	9
		250°C	10