

METRISERINGSGIDS

VOLUME MATE

| Metrieke eenhede | | Imperiale eenhede |
|--------------------|-------------------|-------------------|
| Afkortings: | | |
| ml - milliliter | | k - koppie |
| I - liter | | e - eetlepel |
| | | t - teelepel |
| 1 000 ml - 1 liter | is naastenby | 13/4 pint |
| 4,5 liter | is naastenby | 1 gelling |
| 250 ml | vervang naastenby | 1 koppie |
| 200 ml | vervang naastenby | 4/5 koppie |
| 150 ml | vervang naastenby | 3/5 koppie |
| 100 ml | vervang naastenby | 2/5 koppie |
| 50 ml | vervang naastenby | 1/5 koppie |
| 25 ml | vervang naastenby | 2 eetlepel |
| 12,5 ml | vervang naastenby | 1 eetlepel |
| 5 ml | vervang naastenby | 1 teelepel |
| 2 ml | vervang naastenby | 1/2 teelepel |
| 1 ml | vervang naastenby | 1/4 teelepel |
| knippie | vervang naastenby | 1/8 teelepel |

L.W. Alle droe bestanddele soos bv. meel, bakpoeier, sout en ander speserye en kruie word deur die metrieke maat, milliliter afgemeet.
Alle vloeistowwe word deur milliliter of liter afgemeet.

MASSA EENHEDE

| Afkortings: | | |
|------------------|-------------------|-------------------|
| mg - milligram | | g - gram |
| kg - kilogram | | |
| 1 000 mg | 1 gram | |
| 1 000 g | 1 kg | |
| Metrieke eenhede | | Imperiale eenhede |
| 1 kg | vervang naastenby | 2 pond |
| 500 g | vervang naastenby | 1 pond |
| 30 g | vervang naastenby | 1 oz |

L.W. Die massa word met 'n massameter bepaal.

OONDTEMPERATURE

170oC is naastenby 325 - 350OF en word algemeen gebruik om vleis gaar te maak.

Die volgende meet apparaat is beskikbaar:-

MEETLEPELS : 1 ml, 2 ml, 5 ml, 12,5 ml.

MEETKOPPIES : 25 ml, 50 ml, 100 ml, 250 ml.

GUIDE TO METRICATION

VOLUME MEASURES

| Metric units | | Imperial units |
|--------------------|------------------------|----------------|
| Abbreviations: | | |
| ml - millilitre | | T - tablespoon |
| I - litre | | c - cup |
| | | t - teaspoon |
| 1 000 ml - 1 litre | is approximately | 13/4 pint |
| 4,5 litres | is approximately | .1 gallon |
| 250 ml | replaces approximately | 1 cup |
| 200 ml | replaces approximately | 4/5 cup |
| 150 ml | replaces approximately | 3/5 cup |
| 100 ml | replaces approximately | 2/5 cup |
| 50 ml | replaces approximately | 1/5 cup |
| 25 ml | replaces approximately | 2 tablespoons |
| 12,5 ml | replaces approximately | 1 tablespoon |
| 5 ml | replaces approximately | 1 teaspoon |
| 2 ml | replaces approximately | 1/2 teaspoon |
| 1 ml | replaces approximately | 1/4 teaspoon |
| pinch | replaces approximately | 1/8 teaspoon |

N.B. All dry ingredients e.g. flour, baking powder, salt and other spices and herbs are measured by the metric unit, millilitre.

All liquids are measured by millilitre or litre.

MASS UNITS

| Abbreviations: | | |
|----------------|------------------------|----------------|
| mg - milligram | | g - gram |
| kg - kilogram | | |
| 1 000 mg | 1 gram | |
| 1 000 g | 1 kg | |
| Metric units | | Imperial units |
| 1 kg | replaces approximately | 2 lb |
| 500 g | replaces approximately | 1 lb |
| 30 g | replaces approximately | 1 oz |

N.B. The mass is measured with a mass meter.

OVEN TEMPERATURE

170oC is approximately 325 - 350OF and is generally used to cook meat.

The following metric measuring instruments are available:-

MEASURING SPOONS: 1 ml, 2 ml, 5 ml, 12,5 ml

MEASURING CUP : 25 ml, 50 ml, 100 ml, 250 ml.