

# MEASUREMENT EQUIVALENTS FOR SCIENCE ACTIVITIES

Teachers, particularly in elementary and middle school, do not always have access to laboratory measuring devices such as graduated cylinders, volumetric glassware, balances, and thermometers. Common household devices are more readily available. Although most household measuring devices are graduated in English system units, a few will also contain metric equivalents.

Since most laboratory recipes for demonstrations and activities are written using metric measurements, it is useful to have a table of common equivalents to determine amounts needed for individual or class activities. The following tables give English-English and English-metric equivalents for common kitchen measures and for temperature.

## Equivalents of Common Kitchen Measures

	Teaspoons	Table- spoons	Fluid ounces	Cups	Liquid pints	Liquid quarts	Milli- liters	Liters
1 teaspoon	1	1/3	1/6	-	-	-	5	-
1 tablespoon	3	1	1/2	1/16	1/32	-	15	-
1 fluid ounce	6	2	1	1/8	1/16	1/32	30	.03
1 cup	48	16	8	1	1/2	1/4	237	.24
1 liquid pint	96	32	16	2	1	1/2	473	.47
1 quart	-	-	32	4	2	1	946	.95
1 milliliter	1/5	1/15	1/30	-	-	-	1	1/1000
1 Liter	-	-	34	4.2	2.1	1.06	1000	1