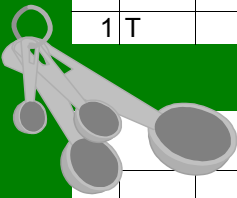


LIQUID MEASURES

1	Cup	8 fl oz	0.5 pint	237 ml	16 T
1	pint	16 fl oz	0.5 quarts	0.473 L	
1	quart	32 fl oz	0.25 Gallons	946 ml	
1	peck	0.25 bushels			
1	tsp	0.17 fl oz	5 grams	4.93 ml	
1	T	0.5 fl oz	15 grams	14.8 ml	3 tsp

Click on the cell to see the formula



DRY MEASURES

1	tsp	0.33 T	0.17 oz	4.77 grams	
1	T	0.063 cup	0.5 fl oz	14.18 grams	

tsp=teaspoon

fl oz=fluid ounces

ml=milliliters

T=tablespoons

L=liters

Instructions

Liquid Conversions

1. Type in "1" in cells A2, A4, A6, A8, A10, A12, A14, and A16.
2. Type in the units of each of the measures in columns B, D, F, H, and J.
(See Spreadsheet.)
3. Type in the formula in the correct cells in columns C, E, G, and I.
(See Spreadsheet.)
4. Now when you change the 1's you typed in Column A, the numbers in columns C, E, G, and I will change!

Dry Conversions

Metric conversions

1	lb.	0.455	kilograms
1	kilogram	2.2	lb.
1	mile	1.609	kilometer
1	kilometer	0.621	miles
1	yard	0.914	meters
1	meter	1.094	yards
1	gallon	0.264	L
1	L	3.785	gallon
1	gram	0.035	oz
1	oz	28.35	gram
1	inch	2.54	cm
1	cm	0.394	inches

Temperature Conversions

	12 Degrees Fahrenheit	=	Degrees Celsius	-	11.11	
	0 Degrees Celsius	=	Degrees Fahrenheit	+	32	
Instructions						
	1. In cell A2 and A4, type in "1"					
	2. Type in "Degrees Fahrenheit" in cells B2 and D4. Type in "Degrees Celsius" in C2 and D2.					
	3. In cells C2 and C4 type in "="					
	4. In cell E2 type in "=((A2-32)/9)*5"					
	5. In cell E4 type in "=((A4*9)/5)+32"					

