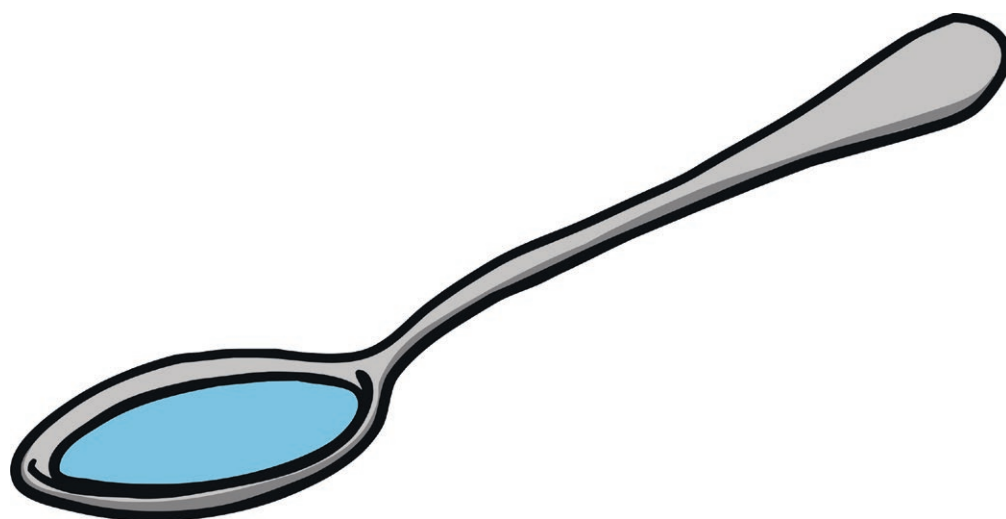
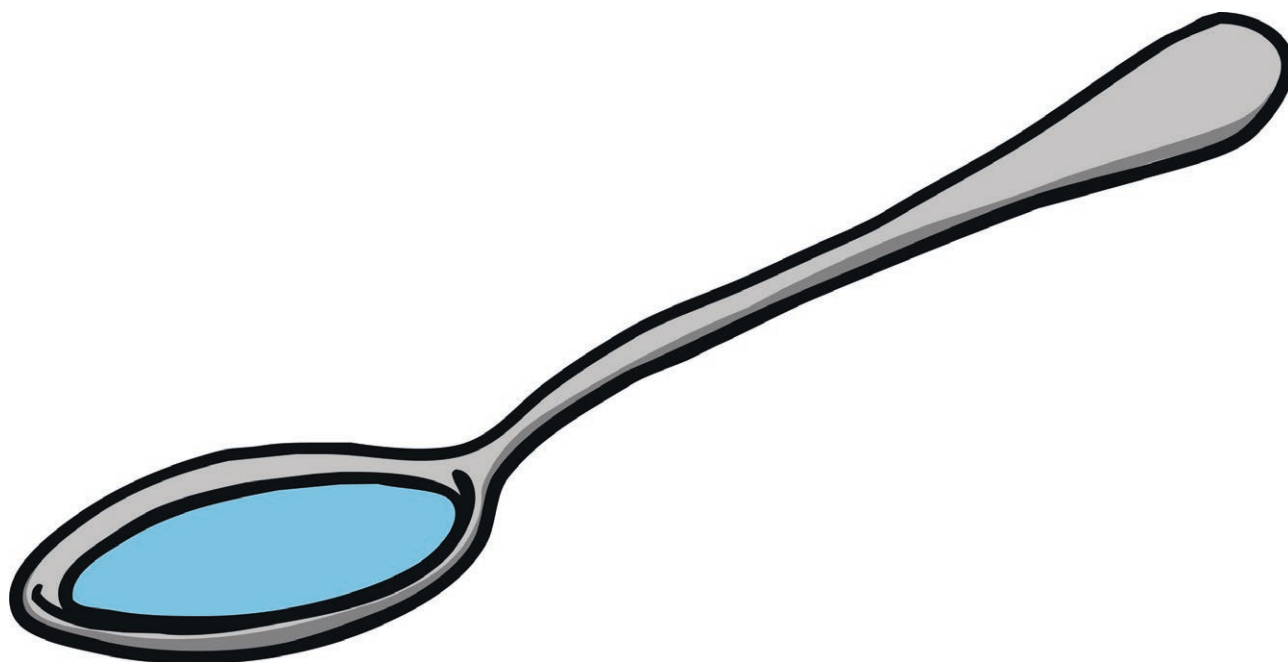


**5ml = 1 teaspoon**



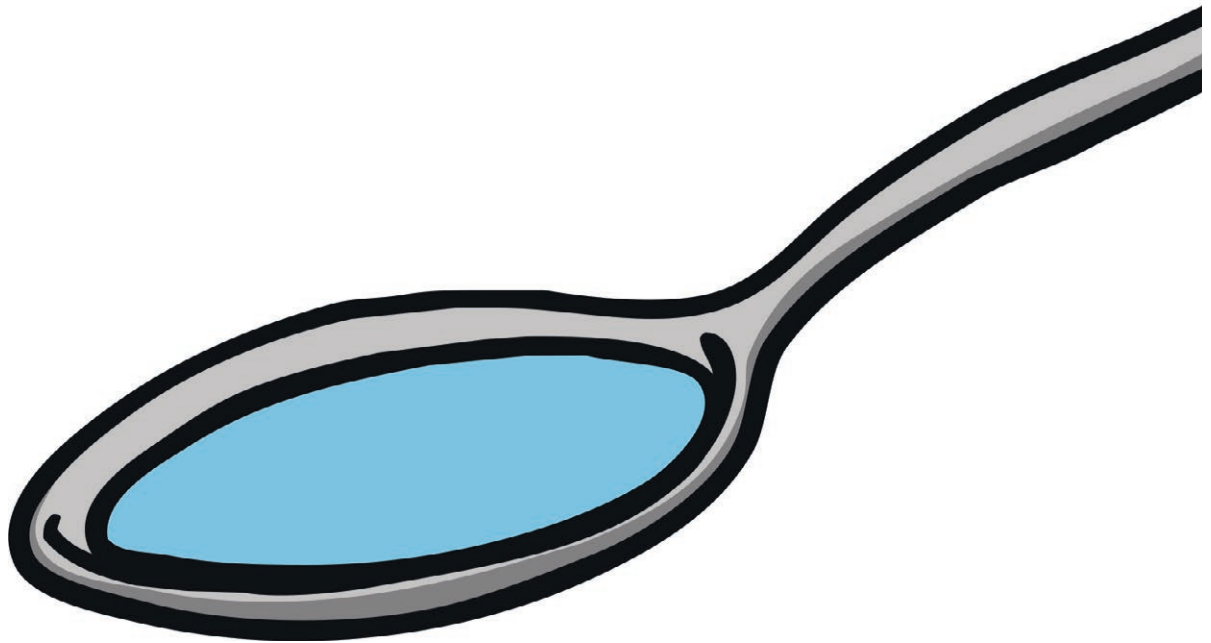
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**7.5ml = 1 dessert spoon**



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**15ml = 1 tablespoon**



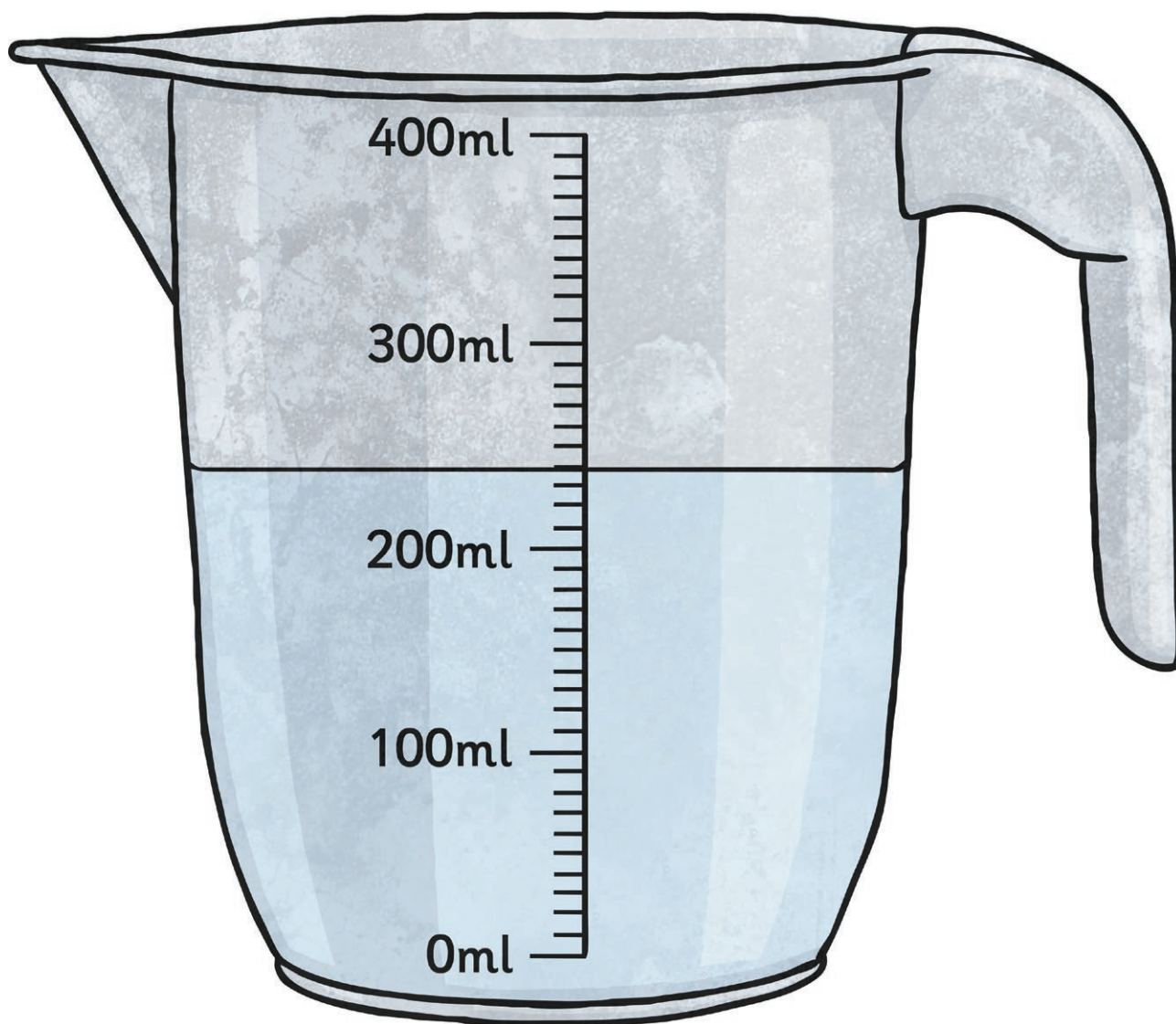
visit [twinkl.com](https://www.twinkl.com)

**150ml = 1 drinking cup**



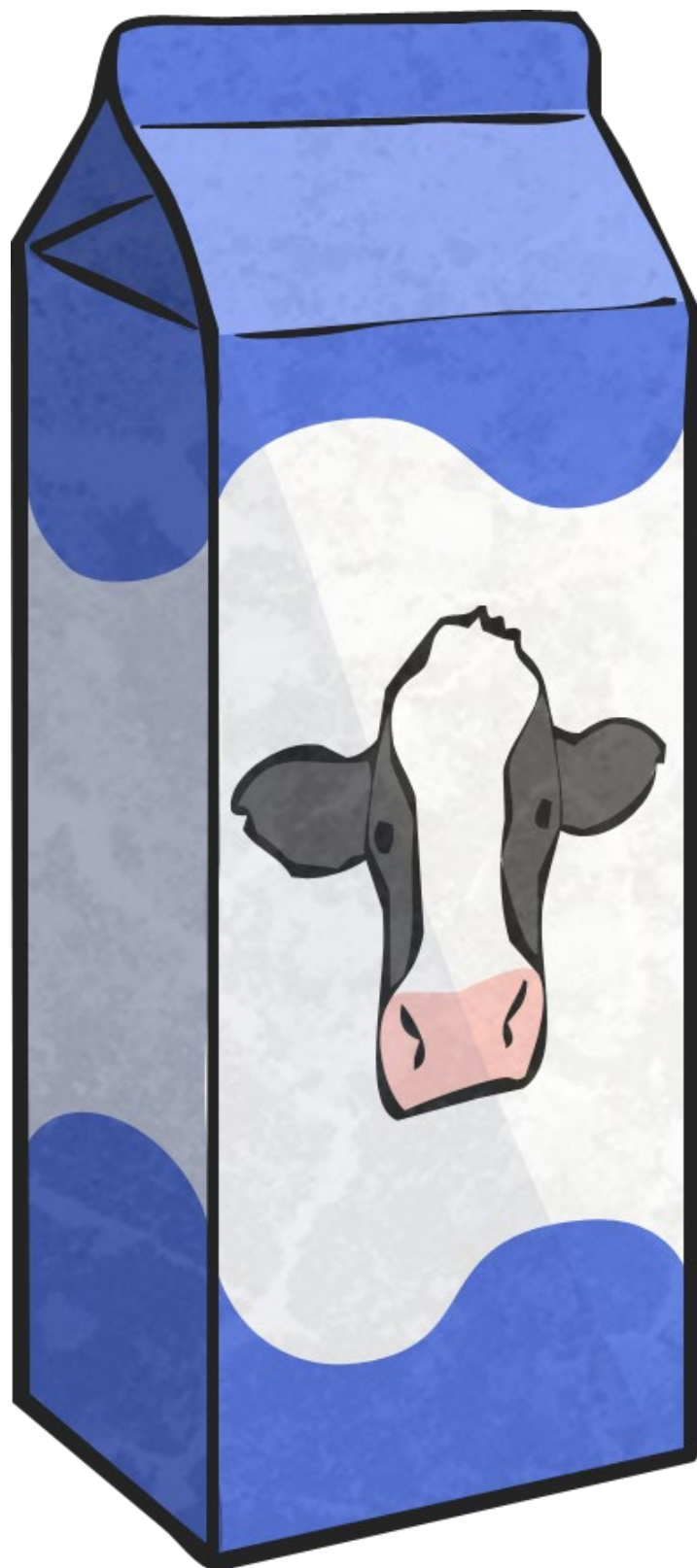
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**240ml = 1 US cup**



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**1 litre - 1 milk carton**



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