

CUSTOMARY & METRIC UNITS

Customary Units

LENGTH

1 foot = 12 inches

1 yard = 3 feet

1 mile = 5,280 feet

1 mile = 1,760 yards

CAPACITY

1 pint (pt) = 2 cups

1 quart (qt) = 2 pints

1 quart = 4 cups

1 gallon (gal) = 4 quarts

WEIGHT

1 pound (lb) = 16 ounces (oz)

1 ton (T) = 2,000 pounds

TEMPERATURE

Water freezes = 32°F

Water boils = 212°F

Normal body temp. = 98.6°F

Metric Units

LENGTH

1 centimeter (cm) = 10 millimeters (mm)

1 decimeter (dm) = 10 centimeters

1 meter (m) = 10 decimeters

1 kilometer (km) = 1,000 meters

CAPACITY

1 liter (L) = 1,000 milliliters (mL)

10 deciliters (dL) = 1 liter (L)

WEIGHT

1 gram (g) = 1,000 milligrams (mg)

1 kilogram (kg) = 1,000 grams

TEMPERATURE

Water freezes = 0°C

Water boils = 100°C

Normal body temp. = 36.6°C

CAPACITY

1 L ≈ 1.06 qt

1 gal ≈ 3.8 L

LENGTH

1 in. ≈ 2.54 cm

1 m ≈ 39.37 in.

1 m ≈ 1.09 yd

1 km ≈ 0.6 mi

1 mi ≈ 1.6 km

WEIGHT

1 oz ≈ 28 g

1 kg ≈ 2.2 lb