

Measurement conversions



Length · metric

10 millimeters = 1 centimeter

100 centimeters = 1 meter

1,000 meters = 1 kilometer

Mass and capacity · metric

1,000 grams = 1 kilogram

1,000 milliliters = 1 liter

Length · customary

12 inches = 1 foot

3 feet = 1 yard

5,280 feet = 1 mile

Weight and capacity · customary

16 ounces = 1 pound

8 fluid ounces = 1 cup

2 cups = 1 pint

2 pints = 1 quart

4 quarts = 1 gallon

Time

60 seconds = 1 minute

60 minutes = 1 hour

24 hours = 1 day

7 days = 1 week

12 months = 1 year

Which way round

Moving to a smaller unit makes more of them, so multiply.

$$3 \text{ m} = 3 \times 100 = 300 \text{ cm}$$

Moving to a bigger unit makes fewer, so divide.

$$4,000 \text{ g} = 4,000 \div 1,000 = 4 \text{ kg}$$