

ENGLISH MEASURES

Time

60 seconds (sec.) = 1 minute (min.)
60 minutes = 1 hour (hr.)
24 hours = 1 day (da.)
7 days = 1 week (wk.)
about 52 weeks = 1 year (yr.)
12 months (mo.) = 1 year
365 days = 1 year
366 days = 1 leap year

Liquid Capacity

2 cups (c.) = 1 pint (pt.)
2 pints = 1 quart (qt.)
4 quarts = 1 gallon (gal.)

Length

12 inches (in.) = 1 foot (ft.)
3 feet = 1 yard (yd.)
36 inches = 1 yard

Weight

16 ounces (oz.) = 1 pound (lb.)
= 1 ton (t.)

Dry Capacity

2 pints (pt.) = 1 quart (qt.)
4 quarts = 1 gallon (gal.)
8 quarts = 1 peck (pk.)
4 pecks = 1 bushel (bu.)

Temperature

32 °F. = freezing point of water
98.6 °F. = normal body temperature
212 °F. = boiling point of water

METRIC MEASURES

Length

100 centimeters (cm) = 1 meter (m)
1,000 meters = 1 kilometer (km)

Weight (Mass)

1,000 grams (g) = 1 kilogram (kg)

Liquid

100 centiliters (cL) = 1 liter (L)

Temperature

0 °C = freezing point of water
37 °C = normal body temperature
100 °C = boiling point of water