

Activity Sheet

Math Reference Sheet

Customary System

Length:

1 foot = 12 inches

1 yard = 3 feet

1 mile = 5,280 feet

1 mile = 1,760 yards

Liquid Volume:

1 cup = 8 fluid ounces

1 pint = 2 cups

1 quart = 2 pints

1 gallon = 4 quarts

Weight:

1 pound = 16 ounces

1 ton = 2,000 pounds

Metric System

Length:

1 meter = 100 centimeters

1 meter = 1,000 millimeters

1 kilometer = 1,000 meters

Liquid Volume:

1 liter = 1,000 milliliters

Mass:

1 gram = 1,000 milligrams

1 kilogram = 1,000 grams

Time

1 minute = 60 seconds

1 hour = 60 minutes

1 day = 24 hours

1 year = 365 days

1 year = about 52 weeks

Area and Perimeter Formulas

$$A = \ell \times w$$

$$P = 2\ell + 2w$$