

LENGTH	CAPACITY	WEIGHT
12 inches = 1 foot	8 fluid ounces = 1 cup	16 ounces = 1 pound (lb)
3 feet = 1 yard	2 cups = 1 pint	2,000 pounds = 1 Ton
5, 280 feet = 1 mile	2 pints = 1 quart	
1,760 yards = 1 mile	4 quarts = 1 gallon	

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Use the measurement in the middle to convert to the outer units.

$4,000 \times 16 = 64,000$ ounces K H D M d c m	4 tons	$4 \times 2,000 = 8,000$ pounds K H D M d c m
$60 \div 100 = 0.60$ meter K H D M d c m	60 centimeters	$60 \times 10 = 600$ millimeters K H D M d c m
$16 \times 5 = 80$ cups	5 gallons	$5 \times 4 = 20$ quarts
$5,280 \times 8 = 42,240$ feet	8 miles	$1,760 \times 8 = 14,080$ yards
$60 \div 12 = 5$ feet K H D M d c m	60 inches	$5 \div 3 = 1 \frac{2}{3}$ yard(s)
$0.005$ kilograms K H D M d c m	5 grams	$5 \times 100 = 500$ centigrams K H D M d c m
$0.750$ kiloliters	750 liters	$750 \times 1,000 = 750,000$ milliliters K H D M d c m

Kimberly is training for her race. She ran 13 km in 4 hours. Is she ran the same distance every hour, how far

did she run in one hour? Write and solve the equation.

$$\begin{array}{r} 4 \overline{) 13} \phantom{0} \\ \underline{-12} \phantom{0} \\ 1 \phantom{0} \end{array}$$

- A. Write your response using only Kilometers?
- B. Write you response using whole numbers of Km and whole numbers of meters.

C. Write your response using only meters.

change  $\frac{1}{4}$  km to meters.

$$\frac{1}{4} \times \frac{1000}{1} = \frac{1000}{4} = 250$$

$$\begin{array}{r} 3 \text{ km} \times 1000 = 3000 \text{ m} \\ + 250 \text{ m} \\ \hline 3250 \text{ m} \end{array}$$