

Convert Units of Weight and Time

Name: _____

Grade 4 · Change a larger unit of weight or time into a smaller unit

How it works

Changing to a smaller unit? **Multiply.** 3 pounds = $3 \times 16 = 48$ ounces.

1 pound = 16 ounces · 1 ton = 2,000 pounds · 1 kilogram = 1,000 grams

1 minute = 60 seconds · 1 hour = 60 minutes · 1 day = 24 hours · 1 week = 7 days · 1 year = 12 months

A. Complete each table.

pounds	ounces
1	16
2	
3	
5	
10	

kilograms	grams
1	1,000
2	
5	
8	
12	

hours	minutes
1	60
2	
3	
4	
6	

B. Convert the weights.

1. 4 pounds = _____ ounces

2. 6 kilograms = _____ grams

3. 2 tons = _____ pounds

4. 7 pounds = _____ ounces

5. 15 kilograms = _____ grams

6. 5 tons = _____ pounds

7. 9 pounds = _____ ounces

8. 30 kilograms = _____ grams

C. Convert the times.

1. 5 minutes = _____ seconds

2. 3 hours = _____ minutes

3. 2 days = _____ hours

4. 6 weeks = _____ days

5. 3 years = _____ months

6. 8 hours = _____ minutes

7. 10 minutes = _____ seconds

8. 4 days = _____ hours

D. Convert the mixed measurement.

1. 2 hours 15 minutes = _____ minutes

2. 1 pound 4 ounces = _____ ounces

3. 3 minutes 20 seconds = _____ seconds

4. 2 kilograms 500 grams = _____ grams

Convert Units of Weight and Time (Answer Key)

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A. Complete each table.

pounds	ounces
1	16
2	32
3	48
5	80
10	160

kilograms	grams
1	1,000
2	2,000
5	5,000
8	8,000
12	12,000

hours	minutes
1	60
2	120
3	180
4	240
6	360

B. Convert the weights.

1. 4 pounds = 64 ounces

2. 6 kilograms = 6,000 grams

3. 2 tons = 4,000 pounds

4. 7 pounds = 112 ounces

5. 15 kilograms = 15,000 grams

6. 5 tons = 10,000 pounds

7. 9 pounds = 144 ounces

8. 30 kilograms = 30,000 grams

C. Convert the times.

1. 5 minutes = 300 seconds

2. 3 hours = 180 minutes

3. 2 days = 48 hours

4. 6 weeks = 42 days

5. 3 years = 36 months

6. 8 hours = 480 minutes

7. 10 minutes = 600 seconds

8. 4 days = 96 hours

D. Convert the mixed measurement.

1. 2 hours 15 minutes = 135 minutes

2. 1 pound 4 ounces = 20 ounces

3. 3 minutes 20 seconds = 200 seconds

4. 2 kilograms 500 grams = 2,500 grams