

Measurement Conversion Chart

Grade 4 · Units of length, weight, liquid volume and time

Length

Customary

1 foot = 12 inches
1 yard = 3 feet
1 yard = 36 inches
1 mile = 5,280 feet

Metric

1 centimeter = 10 millimeters
1 meter = 100 centimeters
1 kilometer = 1,000 meters

Weight and mass

Customary

1 pound = 16 ounces
1 ton = 2,000 pounds

Metric

1 kilogram = 1,000 grams

Liquid volume

Customary

1 gallon = 4 quarts
1 quart = 2 pints
1 pint = 2 cups

Metric

1 liter = 1,000 milliliters

Time

Shorter times

1 minute = 60 seconds
1 hour = 60 minutes
1 day = 24 hours

Longer times

1 week = 7 days
1 year = 12 months
1 year = 365 days (about 52 weeks)

Bigger unit to smaller unit: multiply

One big unit holds many small units, so the number gets bigger. To change 4 feet into inches, multiply by the number of inches in 1 foot: $4 \times 12 = 48$ **inches**. To change 3 kilograms into grams: $3 \times 1,000 = 3,000$ **grams**.

About how big is it?

1 inch about the width of a quarter
1 meter about the width of a door
1 pound about a loaf of bread
1 kilogram about a 1-liter bottle of water

1 foot about the length of a sheet of paper
1 ounce about a slice of bread
1 gram about a paper clip
1 liter about 4 glasses of water