



LENGTH

Metric

1 kilometer = 1000 meters
1 meter = 100 centimeters
1 centimeter = 10 millimeters

Customary

1 mile = 1760 yards
1 mile = 5280 feet
1 yard = 3 feet
1 foot = 12 inches

CAPACITY AND VOLUME

Metric

1 liter = 1000 milliliters

Customary

1 gallon = 4 quarts
1 gallon = 128 fluid ounces
1 quart = 2 pints
1 pint = 2 cups
1 cup = 8 fluid ounces

MASS AND WEIGHT

Metric

1 kilogram = 1000 grams
1 gram = 1000 milligrams

Customary

1 ton = 2000 pounds
1 pound = 16 ounces

TIME

1 year = 365 days
1 year = 12 months
1 year = 52 weeks
1 week = 7 days
1 day = 24 hours
1 hour = 60 minutes
1 minute = 60 seconds

School Metric Guide For School Breakfast

Camilla Rothe



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