MATH

Converting customary units of weight and capacity



Name _____ Date _____

🎯 I can convert ounces and pounds, and cups, pints, quarts and gallons.

1 How it works 💡

A pound is 16 ounces. For capacity, 2 cups make a pint, 2 pints make a quart and 4 quarts make a gallon. So a quart is 4 cups and a gallon is 8 pints. Multiply to change to a smaller unit: 3 quarts = 3 × 4 = 12 cups.

Remember

1 pound = 16 ounces
1 gallon = 4 quarts
1 quart = 2 pints
1 pint = 2 cups
1 quart = 4 cups

2 Convert ✏️

Big unit to small unit: multiply. Small to big: divide.

1. 8 pints = ____ quarts
2. 7 gallons = ____ quarts
3. 10 pounds = ____ ounces
4. 4 gallons = ____ pints
5. 6 quarts = ____ cups
6. 9 quarts = ____ pints
7. 3 gallons = ____ quarts
8. 4 cups = ____ pints
9. 9 pints = ____ cups
10. 9 pounds = ____ ounces

How did I do? ☆ ☆ ☆

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Tables and mixed units

Name _____ Date _____

I can complete a conversion table and change mixed units.

1 Complete the tables

Look for the pattern down each column.

1 quart = 4 cups

quarts	cups
1	4
2	
3	
4	
5	

1 gallon = 8 pints

gallons	pints
1	8
	16
3	
	32
	40

2 Change to the smaller unit

Change the big unit, then add the rest.

1. 4 pounds 2 ounces = ____ ounces
2. 3 gallons 2 quarts = ____ quarts
3. 6 quarts 3 cups = ____ cups
4. 4 gallons 2 pints = ____ pints
5. 3 pounds 4 ounces = ____ ounces
6. 8 gallons 1 quart = ____ quarts

How did I do? ☆ ☆ ☆

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Compare and regroup

Name _____ Date _____

I can compare measurements and change to bigger units.

1 Write >, < or = in the circle

Change to the same unit first.

1. 11 quarts ◯ 42 cups
2. 10 gallons ◯ 41 quarts
3. 7 pints ◯ 15 cups
4. 4 quarts ◯ 8 pints
5. 5 pounds ◯ 80 ounces
6. 5 gallons ◯ 41 pints

2 Change to the bigger unit

How many whole big units? What is left over?

1. 23 cups = ☐ quarts ☐ cups
2. 31 pints = ☐ gallons ☐ pints
3. 54 ounces = ☐ pounds ☐ ounces
4. 10 quarts = ☐ gallons ☐ quarts

3 Think about it

1. Which holds more, a pint or a quart? ☐
2. How many cups are in 1 gallon? ☐
3. Is 20 ounces more or less than 1 pound? ☐

How did I do? ☆ ☆ ☆

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Word problems

Name _____ Date _____

I can solve measurement problems by changing units.

1 Read, convert, solve

Show your work in the box. Write the unit in your answer.

1 A watermelon weighs 6 pounds. How many ounces does it weigh?

Answer: _____

2 Adam makes 3 quarts of lemonade. Each glass holds 1 cup. How many glasses can Adam fill?

Answer: _____

3 A bag of flour weighs 5 pounds. Noor uses 24 ounces for bread. How many ounces are left?

Answer: _____

4 A jug holds 2 gallons of milk. How many pints is that?

Answer: _____

How did I do?

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FOR TEACHERS AND PARENTS

Answer key: converting customary units of weight and capacity

1 Page 1

Convert: 1) 4 quarts; 2) 28 quarts; 3) 160 ounces; 4) 32 pints; 5) 24 cups; 6) 18 pints; 7) 12 quarts; 8) 2 pints; 9) 18 cups; 10) 144 ounces.

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Table 1) 8, 12, 16, 20
Table 2) 2, 24, 4, 5
Smaller unit: 1) 66 ounces; 2) 14 quarts; 3) 27 cups; 4) 34 pints; 5) 52 ounces; 6) 33 quarts.

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Compare: 1) >; 2) <; 3) <; 4) =; 5) =; 6) <.
Bigger unit: 1) 5 quarts 3 cups; 2) 3 gallons 7 pints; 3) 3 pounds 6 ounces; 4) 2 gallons 2 quarts.
Think: 1) A quart; 2) 16 cups; 3) More: 1 pound is 16 ounces.

4 Page 4: word problems

1) 6 × 16 = 96 ounces
2) 3 × 4 = 12 glasses
3) 5 × 16 = 80; 80 − 24 = 56 ounces
4) 2 × 8 = 16 pints

5 Teaching tip 💡

Draw the "gallon kingdom": a big G holding four Q's, each Q holding two P's, each P holding two C's. Children count the C's to see that a gallon holds 16 cups.

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