**Measurement Conversion**

**Metric Length**

1 meter = 100 centimeters

1 centimeter = 10 millimeters

1 meter = 1000 millimeters

**Metric Capacity**

1 liter = 100 centiliters

1 centiliter = 10 milliliters

1 liter = 1000 milliliters

**Metric Weight / Mass**

1 kilogram = 1000 grams

1 gram = 1000 milligrams

**Customary Length**

1 mile = 5,280 feet

1 mile = 1760 yards

1 yard = 3 feet

1 foot = 12 inches

**Customary Capacity**

1 gallon = 4 quarts

1 quart = 32 fluid ounces

1 pint = 16 fluid ounces

1 cup = 8 fluid ounces

**Customary Weight / Mass**

1 pound = 16 ounces

1 ton = 2000 pounds

**Converting capacity: Customary to Metric**

1 cup *about* 250 milliliters

1 quart *about* 1 liter

**Converting weight: Customary to Metric**

2 pounds *about* 1 kilogram

1 ton *about* 900 kilogram

**Converting Length: Customary to Metric**

1 inch *about* 2 ½ centimeters

1 foot *about* 30 centimeters

3 feet *about* 1 meter

1 mile *about* 1 ½ kilometers

