

Metric & Customary Conversion Reference Sheet

Common measurement conversions used in U.S. classrooms

Length

Customary	Metric	Conversion
1 inch (in)	2.54 centimeters (cm)	Exact
12 inches	30.48 centimeters	Exact
1 foot (ft)	0.3048 meters (m)	Exact
1 yard (yd)	0.914 meters	Approx.
1 mile (mi)	1.609 kilometers (km)	Approx.

Mass (Weight)

Customary	Metric	Conversion
1 ounce (oz)	28.35 grams (g)	Approx.
1 pound (lb)	0.454 kilograms (kg)	Approx.
2.2 pounds	1 kilogram	Approx.

Volume (Capacity)

Customary	Metric	Conversion
1 teaspoon (tsp)	5 milliliters (mL)	Approx.
1 tablespoon (Tbsp)	15 milliliters	Approx.
1 fluid ounce (fl oz)	29.57 milliliters	Approx.

1 cup	237 milliliters	Approx.
1 pint (pt)	473 milliliters	Approx.
1 quart (qt)	0.946 liters (L)	Approx.
1 gallon (gal)	3.785 liters	Approx.

Temperature

Scale	Conversion Formula	Reference
Celsius → Fahrenheit	$^{\circ}\text{F} = (^{\circ}\text{C} \times 9/5) + 32$	Water freezes at 0°C
Fahrenheit → Celsius	$^{\circ}\text{C} = (^{\circ}\text{F} - 32) \times 5/9$	Water freezes at 32°F
Celsius → Kelvin	$\text{K} = ^{\circ}\text{C} + 273$	Absolute zero = 0 K