



MEASUREMENT REFERENCE SHEET

for Homeschooling

Name: _____

Date: _____



LENGTH

UNIT	ABBREVIATION	EQUIVALENT
Millimeter	mm	_____
Centimeter	cm	_____
Meter	m	_____
Kilometer	km	_____
Inch	in	_____
Foot	ft	_____
Yard	yd	_____
Mile	mi	_____



VOLUME & CAPACITY

UNIT	ABBREVIATION	EQUIVALENT
Milliliter	mL	_____
Liter	L	_____
Fluid Ounce	fl oz	_____
Cup	c	_____
Pint	pt	_____
Quart	qt	_____
Gallon	gal	_____



WEIGHT & MASS

UNIT	ABBREVIATION	EQUIVALENT
Milligram	mg	_____
Gram	g	_____
Kilogram	kg	_____
Ounce	oz	_____
Pound	lb	_____
Ton	ton	_____



COMMON KITCHEN EQUIVALENTS

VOLUME

1 tsp = _____
1 Tbsp = _____
1/4 cup = _____
1/3 cup = _____
1/2 cup = _____
1 cup = _____

WEIGHT

1 oz = _____
1/2 lb = _____
1 lb = _____

NOTES



COMMON CONVERSIONS

1 in = _____ cm
1 ft = _____ in
1 yd = _____ ft
1 mi = _____ ft
1 km = _____ m
1 m = _____ cm
1 m = _____ mm

1 L = _____ mL
1 gal = _____ L
1 qt = _____ L
1 pt = _____ mL
1 lb = _____ oz
1 kg = _____ g
1 ton = _____ kg

ADDITIONAL NOTES



Remember: Measurements help us understand and explore the world around us!

