

Customary  
Units  
of

Measure

# Length

- inch (width of thumb)
- foot (distance from shoulder to elbow)
- yard (width of classroom door)
- mile (total length of 18 football fields)

| Length   |             |
|----------|-------------|
| 1 foot = | 12 inches   |
| 1 yard = | 36 inches   |
| 1 yard = | 3 feet      |
| 1 mile = | 5,280 feet  |
| 1 mile = | 1,760 yards |

# Weight

- ounce (slice of bread)
- pound (loaf of bread)
- ton (small car)

| Weight    |              |
|-----------|--------------|
| 1 pound = | 16 ounces    |
| 1 ton =   | 2,000 pounds |

# Capacity

- fluid ounce (spoonful)
- cup (glass of juice)
- pint (small bottle of salad dressing)
- quart (small container of paint)
- gallon (large container of milk)

| Capacity   |                |
|------------|----------------|
| 1 cup =    | 8 fluid ounces |
| 1 pint =   | 2 cups         |
| 1 quart =  | 2 pints        |
| 1 quart =  | 4 cups         |
| 1 gallon = | 4 quarts       |
| 1 gallon = | 16 cups        |