

Grade 4 FAST Mathematics Reference Sheet

Customary Conversions

1 foot = 12 inches

1 yard = 3 feet

1 pint = 2 cups

1 quart = 2 pints

1 gallon = 4 quarts

1 pound = 16 ounces

Time Conversions

1 minute = 60 seconds

1 hour = 60 minutes

Formulas

Rectangle $P = l + l + w + w$
 $A = l \times w$

Metric Conversions

1 meter = 100 centimeters

1 meter = 1000 millimeters

1 kilometer = 1000 meters

1 liter = 1000 milliliters

1 gram = 1000 milligrams

1 kilogram = 1000 grams

Key	
l = length w = width	P = perimeter A = area