

Grade 7 FSA Mathematics Reference Sheet

Customary Conversions

1 foot = 12 inches
 1 yard = 3 feet
 1 mile = 5,280 feet
 1 mile = 1,760 yards

1 cup = 8 fluid ounces
 1 pint = 2 cups
 1 quart = 2 pints
 1 gallon = 4 quarts

1 pound = 16 ounces
 1 ton = 2,000 pounds

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

Time Conversions

1 minute = 60 seconds
 1 hour = 60 minutes
 1 day = 24 hours
 1 year = 365 days
 1 year = 52 weeks

Formulas

$$A = bh$$

$$A = lw$$

$$A = \frac{1}{2}bh$$

$$A = \frac{1}{2}h(b_1 + b_2)$$

$$V = Bh$$

$$V = \frac{1}{3}Bh$$

$$SA = Ph + 2B$$

$$SA = \frac{1}{2}P\ell + B$$