

Resource Sheet Grade 7

Standard Conversions	Metric Conversions	Time Conversions
1 mile = 5,280 feet	1 kilometer = 1,000 meters	1 week = 7 days
1 yard = 3 feet	1 meter = 100 centimeters	1 day = 24 hours
1 foot = 12 inches	1 centimeter = 10 millimeters	1 hour = 60 minutes
1 ton = 2,000 pounds	1 kilogram = 1,000 grams	1 minute = 60 seconds
1 pound = 16 ounces	1 liter = 1,000 milliliters	
1 gallon = 4 quarts		
1 quart = 2 pints		
1 pint = 2 cups		
1 cup = 8 fluid ounces		

Formulas

Parallelogram	$A = bh$	Rectangle	$A = lw$
Square	$A = s^2$	Triangle	$A = \frac{1}{2}bh$
Trapezoid	$A = \frac{1}{2}h(b_1 + b_2)$	Kite	$A = \frac{1}{2}(d_1 \cdot d_2)$
Prism	$V = lwh$ $V = Bh$ $SA = 2B + Ph$	Cube	$V = s^3$

Formulas, continued

Cylinder

$$V = \pi r^2 h$$

Circle

$$C = 2\pi r$$

$$A = \pi r^2$$