



## Assessment Reference Sheet

### Grade 7

1 inch = 2.54 centimeters  
1 meter = 39.37 inches  
1 mile = 5280 feet  
1 mile = 1760 yards  
1 mile = 1.609 kilometers

1 kilometer = 0.62 mile  
1 pound = 16 ounces  
1 pound = 0.454 kilograms  
1 kilogram = 2.2 pounds  
1 ton = 2000 pounds

1 cup = 8 fluid ounces  
1 pint = 2 cups  
1 quart = 2 pints  
1 gallon = 4 quarts  
1 gallon = 3.785 liters  
1 liter = 0.264 gallons  
1 liter = 1000 cubic centimeters

Triangle	$A = \frac{1}{2}bh$
Parallelogram	$A = bh$
Circle	$A = \pi r^2$
Circle	$C = \pi d$ or $C = 2\pi r$
General Prisms	$V = Bh$