

**Ohio's State Tests Reference Sheet
Grades 6 and 7**

1 mile = 1,760 yards

1 pound = 16 ounces

1 cup = 8 fluid ounces

1 mile = 5,280 feet

1 kilogram = 1,000 grams

1 pint = 2 cups

1 quart = 2 pints

1 gallon = 4 quarts

1 kilometer = 1,000 meters

1 kilogram = 1,000 grams

1 liter = 1,000 milliliters

1 meter = 100 centimeters

1 centimeter = 10 millimeters