



DEPARTMENT OF DEFENSE EDUCATION ACTIVITY

## 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 | $V = Bh$                    |