

## 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

$$A = bh$$

$$A = lw$$

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

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

$$V = Bh$$

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

$$SA = Ph + 2B$$

$$SA = \frac{1}{2}Pl + B$$