



A **cup** is a unit for measuring the volume of dry goods. It is often used in cooking and baking. It can also be divided into 1/2 cup, 1/3 cup, and 1/4 cup.

A **quart** is a unit of measurement for volume. It is used in both the US and Imperial (UK & Canada) systems. It is equal to two pints or four cups. It can be used for both liquid and solid measurements.

A **liter** (or litre) is a unit for measuring volume. It is often abbreviated with a capital "L". It is equal to the volume of a cube with sides of 10 cm. It is slightly more than one US quart.

A **tablespoon** is a unit of measurement used in cooking. It is has various values around the world. It is abbreviated in English as T., tbs., or Tbsp. It is usually equal to three teaspoons.

The **pint** is a unit of volume used by both the Imperial system (UK & Canada) and US system. It is equal to half a quart and 1/8 of a gallon. In metric terms, it is roughly half a liter.

A **teaspoon** is a unit of measurement used in cooking and dosing medicine. It is abbreviated in English as t. or tsp., and is equivalent to 5 mL (milliliters). Three teaspoons usually equals one tablespoon.

A **milliliter** is a unit of volume equal to one thousandth of a liter. It is usually abbreviated mL. It is often used in scientific experiments, and is used to measure medicine as well.

The **gallon** is a common unit of measurement in the US and Imperial (UK & Canada) systems, although the Imperial gallon is slightly larger. It can be used for liquid and solid measurements.

Instructions: print pages on cardstock and laminate. To make preschool 3-part cards, print two copies of pages 1-2 and cut one set apart. To make elementary 3-part cards, print pages 1-3 and cut cards apart, using pictures, labels, and definitions.

This set is intended to cover only "capacity" volume measurements, like the kind that are used in cooking and baking and measuring liquid and solid goods for sale. Volume measurements - the kind that are used to calculate the volume of a solid object - are a different kind of measurement.

After the children are familiar with the nomenclature cards, it's very helpful to give them real measuring implements to use. These can include measuring spoons and cups, empty containers, and plastic or glass beakers. Let them experiment by filling different containers with a variety of dry ingredients (rice, beans) and colored water.

There are currently three different measurement systems in use throughout the world. They are: metric (or International System of Measurements), US Customary (standard), and Imperial (UK & Canada). To cover all of these various systems is beyond the scope of this work, but would be a great research project for an upper elementary child. There's a lot of information online, including conversion calculators that take measurements in one system and convert them to another system.

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	US C	ustomar	y Volume N	/leasurement	Conversion	
				1/2 fl oz =	1 tbsp =	3 tsp
			1/8 cup	1 fl oz	2 tbsp	6 tsp
			1/4 cup	2 fl oz	4 tbsp	12 tsp
			1/2 cup	4 fl oz	8 tbsp	24 tsp
	1/4 qt	1/2 pt	1 cup	8 fl oz		
	1/2 qt	1 pt	2 cups	16 fl oz		
1/4 gal	1 qt	2 pt	4 cups	32 fl oz		
1/2 gal	2 qt	4 pt	8 cups	64 fl oz		
1 gal	4 qt	8 pt	16 cups	128 fl oz		

	Metric Volu	ume Measurement Conversion
litre		
decalitre	= 10 litres	1000 litres = 1 cubic metre ≈ 1 tonne of water
hectolitre	= 100 litres	1 litre = 1 cubic decimetre ≈ 1 kilogram of water
kilolitre	= 1000 litres	1 millilitre = 1 cubic centimetre ≈ 1 gram of water
decilitre	= $\frac{1}{10}$ of a litre	1 microlitre = 1 cubic millimetre ≈ 1 milligram of water
centilitre	= $\frac{1}{100}$ of a litre	
millilitre	= $\frac{1}{1000}$ of a litre	

	US Customary/M	letric Measureme	nt Conversion	
1 US gallon = 3.785 liters 1 pint = 0.5683 liters		1 liter = 0.2642 US gal. 1 liter = 1.7598 pint		
If you know		then multiply by	to find:	
mL	milliliters	0.034	fluid ounces	fl oz
шь				
L	liters	0.264	gallons	gal
	liters fluid ounces	0.264	gallons milliliters	gal mL