

Grade 7 Reference Sheet

Conversions

1 mile = 5280 feet
1 mile = 1760 yards
1 mile = 1.609 kilometers

1 pound = 16 ounces
1 pound = 0.454 kilograms

1 cup = 8 fluid ounces
1 pint = 2 cups
1 quart = 2 pints

1 liter = 1000 cubic centimeters

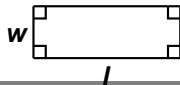
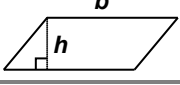
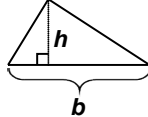
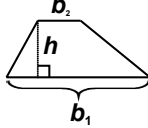
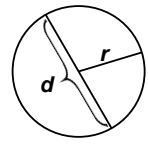
1 kilometer = 0.62 mile
1 meter = 39.37 inches
1 inch = 2.54 centimeters

1 ton = 2000 pounds
1 kilogram = 2.2 pounds

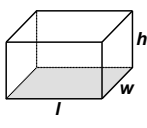
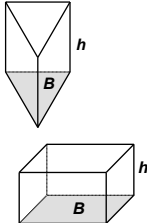
1 gallon = 4 quarts
1 gallon = 3.785 liters
1 liter = 0.264 gallons

Formulas

Area (A) and Circumference (C)

Name	Shape	Formula
Rectangle		$A = lw$
Parallelogram		$A = bh$
Triangle		$A = \frac{1}{2}bh$
Trapezoid		$A = \frac{1}{2}(b_1 + b_2)h$
Circle		$A = \pi r^2$ $C = 2\pi r$ or $C = \pi d$

Volume (V) and Surface Area (SA)

Name	Shape	Formula
Right Rectangular Prism		$V = lwh$ $SA = 2lw + 2hw + 2lh$
General Prism		$V = Bh$ $SA = \text{Sum of the areas of the faces}$