

# Grade 7 Mathematics Reference Sheet

## CONVERSIONS

1 yard = 3 feet  
1 mile = 5,280 feet

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

## CONVERSIONS ACROSS MEASUREMENT SYSTEMS

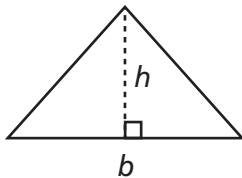
1 inch = 2.54 centimeters  
1 meter = 39.37 inches  
1 mile = 1.609 kilometers  
1 kilometer = 0.6214 miles

1 gallon = 3.785 liters  
1 liter = 0.2642 gallons

1 pound = 0.454 kilograms  
1 kilogram = 2.2 pounds

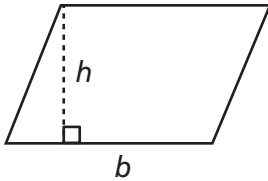
## FORMULAS AND FIGURES

Triangle



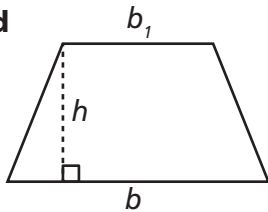
$$A = \frac{1}{2}bh$$

Parallelogram



$$A = bh$$

Trapezoid



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

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