Conversions: capacity

Units of capacity	
8 fluid ounces	1 cup
2 cups	1 pint
2 pints	1 quart
4 quarts	1 gallon

This conversion table shows how to convert ounces, cups pints, quarts, and gallons.

Katya's thermos holds 8 pints. How many cups does it hold?

Hannah's thermos holds 6 cups. How many pints does it hold?

$8 \times 2 = 16$ 16 cups $6 \div 2 = 3$ 3 pints

Convert each measurement to cups.

32 fluid ounces	16 fluid ounces	96 fluid ounces	80 fluid ounces

Convert each measurement to pints.

6 cups	12 cups	36 cups	50 cups

4 quarts	12 quarts	30 quarts	6 quarts

Convert each measurement to gallons.

16 quarts	32 quarts	100 quarts	20 quarts

Convert each measurement.

3 gallons	5 quarts	36 cups	72 pints
pints	cups	quarts	gallons

1 quart	240 fluid ounces	7 quarts	11 gallons
fluid ounces	pints	cups	pints

Conversions: capacity

Units of capacity	
8 fluid ounces	1 cup
2 cups	1 pint
2 pints	1 quart
4 quarts	1 gallon

This conversion table shows how to convert ounces, cups pints, quarts, and gallons.

Hannah's thermos holds 6 cups. How many pints does it hold?

$6 ÷ 2 = 3$ 3 pints

Katya's thermos holds 8 pints. How many cups does it hold?

$8 × 2 = 16$ 16 cups

Convert each measurement to cups.

32 fluid ounces $32 ÷ 8 = 4$	16 fluid ounces $16 ÷ 8 = 2$	96 fluid ounces $96 ÷ 8 = 12$	80 fluid ounces $80 ÷ 8 = 10$
4 cups	2 cups	12 cups	10 cups

Convert each measurement to pints.

6 cups $6 ÷ 2 = 3$	12 cups $12 ÷ 2 = 6$	36 cups $36 ÷ 2 = 18$	50 cups $50 ÷ 2 = 25$
3 pints	6 pints	18 pints	25 pints

4 quarts $4 × 2 = 8$	12 quarts $12 × 2 = 24$	30 quarts $30 × 2 = 60$	6 quarts $6 × 2 = 12$
8 pints	24 pints	60 pints	12 pints

Convert each measurement to gallons.

16 quarts $16 ÷ 4 = 4$	32 quarts $32 ÷ 4 = 8$	100 quarts $100 ÷ 4 = 25$	20 quarts $20 ÷ 4 = 5$
4 gallons	8 gallons	25 gallons	5 gallons

Convert each measurement.

3 gallons $3 × 4 × 2 = 24$	5 quarts $5 × 2 × 2 = 20$	36 cups $36 ÷ 2 ÷ 2 = 9$	72 pints $72 ÷ 2 ÷ 4 = 9$
24 pints	20 cups	9 quarts	9 gallons

1 quart $1 × 2 × 2 × 8 = 32$	240 fluid ounces $240 ÷ 8 ÷ 2 = 15$	7 quarts $7 × 4 = 28$	11 gallons $11 × 4 × 2 = 88$
32 fluid ounces	15 pints	28 cups	88 pints

If children are confused whether to multiply or divide, have them think about whether the new unit is a longer or a shorter unit. If the unit is longer, there will be fewer of them, so division will be the appropriate operation to use.