

(SI) METRIC AND ENGLISH CONVERSION TABLES

Use these tables to convert measurements between the English and (SI) metric systems.

Length

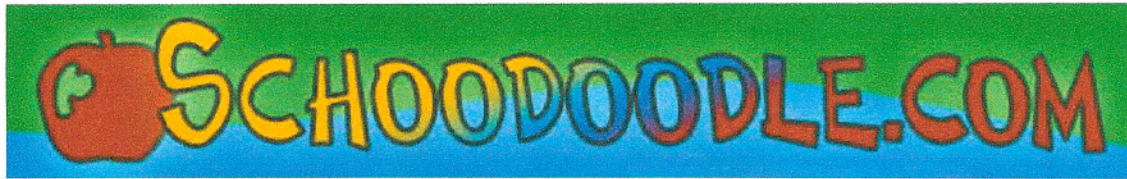
English	Symbol	(SI) Metric	Symbol
1 inch	in.	2.54 centimeters	cm
1 foot	ft.	30.40 centimeters	cm
1 yard	yd.	0.90 meter	m
1 mile	mi.	1.60 kilometers	km

(SI) Metric	Symbol	English	Symbol
1 centimeter	cm=10mm	0.3937 inches	in.
1 meter	m = 100cm	1.0936 yards	yd.
1 kilometer	km=1,000m	0.6214 miles	mi.

Multiply the English measurement by the multiplier in the far right column to come up with the metric equivalent.

English	To Metric	Multiplier
inches	centimeters	2.54
feet	centimeters	30.5
yards	meters	0.914
miles	kilometers	1.61

This chart is from Julianne Blair Bochinski's book, *The Complete Workbook For Science Fair Projects*, New Jersey, Wiley, 2005. The workbook is available on line at SchooDoodle.com



Weight(Mass)

English	Symbol	(SI) Metric	Symbol
1 ounce	oz.	28.34 grams	g
1 pound	lb. = 16 ounces	0.45 kilograms	kg
1 ton	lb. = 2,240 pounds	1.0161 metric tons	t

(SI) Metric	Symbol	English	Symbol
1 milligram	mg = 1,000 mcg	0.0000353 ounces	oz.
1 gram	g = 1,000 mg	0.0352739 ounces	oz.
1 kilogram	kg = 1,000 g	2.2046224 pounds	lb.
1 metric ton	t = 1,000kg	1.1023113 tons	t

Multiply the English measurement by the multiplier in the far right column to come up with the metric equivalent.

English	To Metric	Multiplier
ounces	grams	28.3
pound	kilograms	0.45

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Volume

English	Symbol	(SI) Metric	Symbol
1 teaspoon	tsp.	4.92 milliliters	ml
1 tablespoon	tbsp.	14.78 milliliters	ml
1 fluid ounce	fl. oz.	29.57 milliliters	ml
1 cup	c. = 8 fl. oz.	0.24 liters	l
1 pint	pt. = 16 fl. oz.	0.47 liters	l
1 quart	qt. = 32 fl. oz.	0.95 liters	l
1 gallon	gal. = 128 fl. oz.	3.79 liters	l

(SI) Metric	Symbol	English	Symbol
1 milliliter	ml = 1,000 mcl	0.0338140 fluid ounces	fl. oz.
1 liter	l = 1,000 ml	33.814022 fluid ounces	fl. oz.

Multiply the English measurement by the multiplier in the far right column to come up with the metric equivalent.

English	To Metric	Multiplier
teaspoons	milliliters	5
cups	milliliters	250
quarts	liters	0.95

Temperature

Water freezes at: 32 degrees Fahrenheit or 32°F	0 degrees Celsius or 0°C
Water boils at: 212 degrees Fahrenheit or 212°F	100 degrees Celsius or 100°C
Normal human body temperature: 98.6 degrees Fahrenheit	37 degrees Celsius or 37°

To convert Fahrenheit to Celsius: $(°F - 32) \times 5/9$	To convert Celsius to Fahrenheit: $\frac{°C}{5/9} + 32$
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