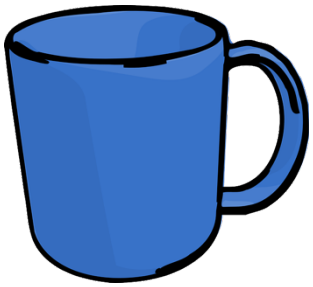
Capacity Conversion Reference Sheet



How to Convert

Multiply	Divide
BIG unit --- small unit	small unit --BIG unit
GALLON --- quart	quart --- GALLON
QUART --- pint	pint ---QUART
PINT--- cup	cup -- PINT
CUP--- ounce	ounce -- CUP

Conversions

1 cup = 8 ounces
1 pint = 2 cups
1 quart = 4 cups
= 2 pints
1 gallon = 4 quarts
= 8 pints
= 16 cups

Example : A bucket has a capacity of 5 quarts. What is the capacity in pints?

1 qt = 2pt
5 qts = 10 pts

For every quart there are two pints. So, multiply 5 x 2 = 10 pints.

Example: If a pot has a capacity of 16 cups, how many quarts can it hold?

1 qt = 4c
4qts = 16c

For every quart, there are 4 cups.
So, divide 16 / 4 = 4.