



# 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?

$$8 \times 2 = 16$$

16 cups

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

$$6 \div 2 = 3$$

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

pints

5 quarts

cups

36 cups

quarts

72 pints

gallons

1 quart

fluid ounces

240 fluid ounces

pints

7 quarts

cups

11 gallons

pints



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$$6 \div 2 = 3$$

3 pints

Convert each measurement to cups.

32 fluid ounces  
 $32 \div 8 = 4$

4 cups

16 fluid ounces  
 $16 \div 8 = 2$

2 cups

96 fluid ounces  
 $96 \div 8 = 12$

12 cups

80 fluid ounces  
 $80 \div 8 = 10$

10 cups

Convert each measurement to pints.

6 cups  
 $6 \div 2 = 3$

3 pints

12 cups  
 $12 \div 2 = 6$

6 pints

36 cups  
 $36 \div 2 = 18$

18 pints

50 cups  
 $50 \div 2 = 25$

25 pints

4 quarts  
 $4 \times 2 = 8$

8 pints

12 quarts  
 $12 \times 2 = 24$

24 pints

30 quarts  
 $30 \times 2 = 60$

60 pints

6 quarts  
 $6 \times 2 = 12$

12 pints

Convert each measurement to gallons.

16 quarts  
 $16 \div 4 = 4$

4 gallons

32 quarts  
 $32 \div 4 = 8$

8 gallons

100 quarts  
 $100 \div 4 = 25$

25 gallons

20 quarts  
 $20 \div 4 = 5$

5 gallons

Convert each measurement.

3 gallons  
 $3 \times 4 \times 2 = 24$

24 pints

5 quarts  
 $5 \times 2 \times 2 = 20$

20 cups

36 cups  
 $36 \div 2 \div 2 = 9$

9 quarts

72 pints  
 $72 \div 2 \div 4 = 9$

9 gallons

1 quart  
 $1 \times 2 \times 2 \times 8 = 32$

32 fluid ounces

240 fluid ounces  
 $240 \div 8 \div 2 = 15$

15 pints

7 quarts  
 $7 \times 4 = 28$

28 cups

11 gallons  
 $11 \times 4 \times 2 = 88$

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.