

Vowels and diphthongs

i:	see	/si:/	ʌ	cup	/kʌp/
i	happy	/'hæpi/	ɜ:	bird	/bɜ:d/
ɪ	sit	/sɪt/	ə	about	/ə'baʊt/
e	ten	/ten/	eɪ	say	/seɪ/
æ	cat	/kæt/	əʊ	go	/gəʊ/
ɑ:	father	/'fɑ:ðə(r)/	aɪ	five	/faɪv/
ɒ	got	/gɒt/	aʊ	now	/naʊ/
ɔ:	saw	/sɔ:/	ɔɪ	boy	/bɔɪ/
ʊ	put	/pʊt/	ɪə	near	/niə(r)/
u	actual	/'æktʃuəl/	eə	hair	/heə(r)/
u:	too	/tu:/	ʊə	pure	/pjʊə(r)/

Customary Conversion Chart

12 inches = 1 foot

36 inches = 1 yard

3 feet = 1 yard

1,760 yards = 1 mile

5,280 feet = 1 mile

Metric Units	Customary Units
1 centimeter	0.394 inch
1 meter	3.281 feet or 1.093 yards
1 kilometer	0.621 mile
1 gram	0.035 ounce
1 kilogram	2.205 pounds
1 milliliter	0.034 fluid ounce
1 liter metric to standard conversion chart	1.057 quart or 0.264 gallon

KITCHEN CONVERSIONS



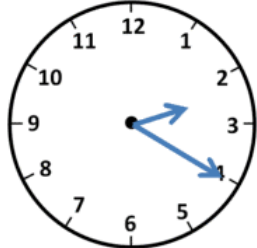
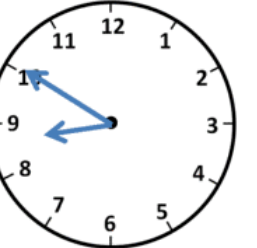
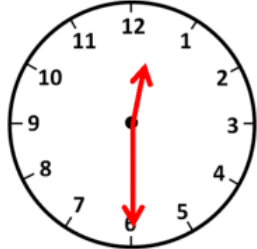
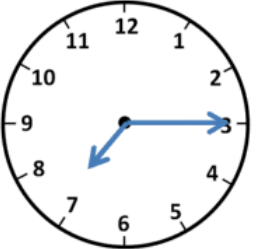
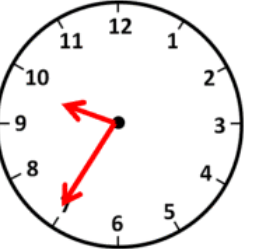
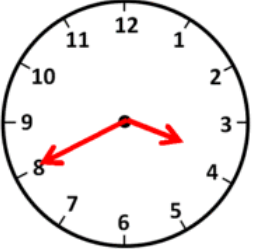
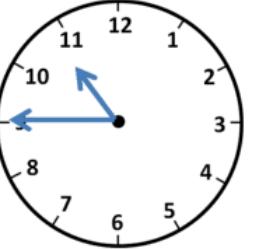
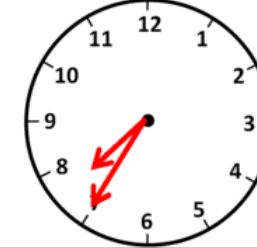
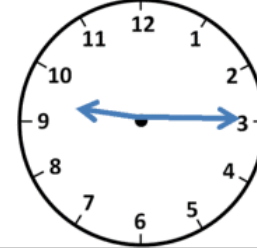
1 CUP 1/2 CUP 1/3 CUP 1/4 CUP 2/3 CUP 3/4 CUP
1 TBSP 1/2 TBSP 1/4 TBSP 1 TSP 1/2 TSP 1/4 TSP 1/8 TSP

Telling Time Resource.

Remember that each number represents **five minutes**. You can count by fives to figure out how many minutes have passed.

There are **sixty minutes in one hour**.

The **hour hand** is the shorter arrow. The **minute hand** is the longer arrow.

			
2:20	6:10	4:25	8:50
			
12:30	7:15	9:35	11:05
			
1:55	3:40	10:45	5:00
			
7:35	9:15	12:50	2:10

METRIC CONVERSIONS

1 cm = 10 mm
1 m = 100 cm
1 km = 1000 m

STANDARD CONVERSIONS

1 ft = 12 in
1 yd = 3 ft
1 yd = 36 in
1 mi = 1760 yd

METRIC TO STANDARD CONVERSIONS

1 mm = 0.039 in
1 cm = 0.393 in
1 m = 39.37 in
1 m = 3.281 ft
1 m = 1.094 yd
1 km = 1093.6 yd
1 km = 0.621 mi

STANDARD TO METRIC CONVERSIONS

1 in = 2.54 cm
1 ft = 30.48 cm
1 yd = 91.44 cm
1 yd = 0.914 m
1 mi = 1609.3 m
1 mi = 1.609 km

METRIC CONVERSIONS

1 gram	= 1000 milligrams	1 g	= 1000 mg
1 kilogram	= 1000 grams	1 kg	= 1000 g
1 ton	= 1000 kilograms	1 ton	= 1000 kg
1 megagram	= 1000 kilograms	1 Mg	= 1000 kg

STANDARD CONVERSIONS

1 Tbsp = 3 tsp
1 fl oz = 2 Tbsp
1 fl oz = 8 drams
1 gi = 4 fl oz
1 cup = 8 fl oz
1 pt = 2 cups
1 pt = 16 fl oz
1 qt = 2 pt
1 gal = 4 qt
1 gal = 128 fl oz

Time Zones of the United States

