A calculator is permitted throughout this exercise.

Ex 7.1

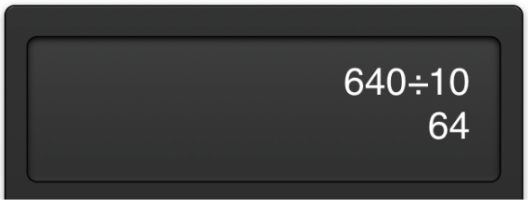
Worked Example for Simple Questions

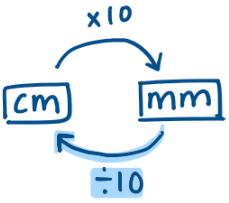
Name:

Convert the following measurement.

$640\text{ mm} =$ 64 cm

÷10





Divide by 10 to convert from mm to cm.

Question 1

Convert the following measurement.

$860\text{ mm} =$ ☐ cm

Question 2

Convert the following measurement.

$910\text{ mm} =$ ☐ cm

Question 3

Convert the following measurement.

$430\text{ mm} =$ ☐ cm

Question 4

Convert the following measurement.

$530\text{ mm} =$ ☐ cm

Question 5

Convert the following measurement.

$590\text{ mm} =$ ☐ cm

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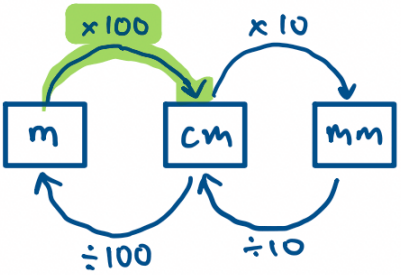
Worked Example for Standard Questions

Convert the following measurement.

$4.6\ \text{m} =$ 460 cm

×100



Check

4.6×100
460

Question 6

Convert the following measurement.

$82\ \text{cm} =$ ☐ mm

Question 7

Convert the following measurement.

$7.2\ \text{m} =$ ☐ cm

Question 8

Convert the following measurement.

$3240\ \text{cm} =$ ☐ m

Question 9

Convert the following measurement.

$679\ \text{cm} =$ ☐ m

Question 10

Convert the following measurement.

$5.9\ \text{cm} =$ ☐ mm

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Ex 7.3

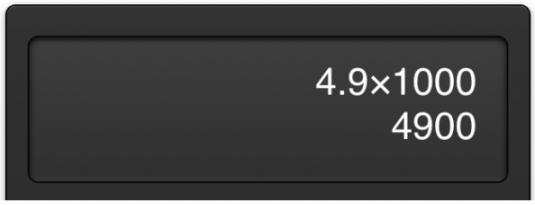
A calculator is permitted throughout this exercise.

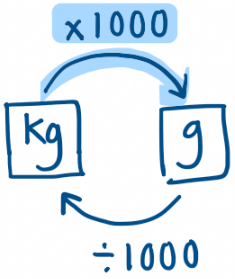
Worked Example for Simple Questions

Convert the following measurement.

$4.9\ \text{kg} =$ 4900 g

x1000





Multiply by 1000 to convert from kg to g.

Question 1

Convert the following measurement.

$8.7\ \text{kg} =$ ☐ g

Question 2

Convert the following measurement.

$7.6\ \text{kg} =$ ☐ g

Question 3

Convert the following measurement.

$9.8\ \text{kg} =$ ☐ g

Question 4

Convert the following measurement.

$5.4\ \text{kg} =$ ☐ g

Question 5

Convert the following measurement.

$7.4\ \text{kg} =$ ☐ g

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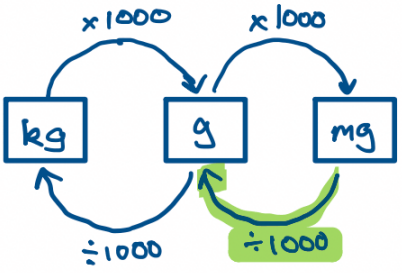
Worked Example for Standard Questions

Convert the following measurement.

$1280 \text{ mg} =$ 1·28 g

÷1000



Check

Show Notebooks List

1280÷1000
1.28

Question 6

Convert the following measurement.

$0.4 \text{ kg} =$ ☐ g

Question 7

Convert the following measurement.

$8290 \text{ g} =$ ☐ kg

Question 8

Convert the following measurement.

$650 \text{ g} =$ ☐ kg

Question 9

Convert the following measurement.

$4910 \text{ mg} =$ ☐ g

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Question 10

Convert the following measurement.

$1.2\ \text{g} =$ ☐ mg

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Ex 7.5

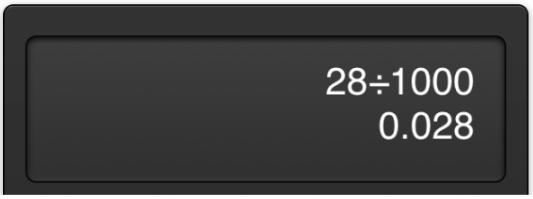
A calculator is permitted throughout this exercise.

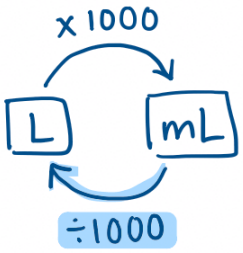
Worked Example for Simple Questions

Convert the following measurement.

$28\ \text{mL} =$ 0.028 L

÷1000





Divide by 1000 to convert from mL to L.

Question 1

Convert the following measurement.

$38\ \text{mL} =$ ____ L

Question 2

Convert the following measurement.

$45\ \text{mL} =$ ____ L

Question 3

Convert the following measurement.

$87\ \text{mL} =$ ____ L

Question 4

Convert the following measurement.

$59\ \text{mL} =$ ____ L

Question 5

Convert the following measurement.

$81\ \text{mL} =$ ____ L

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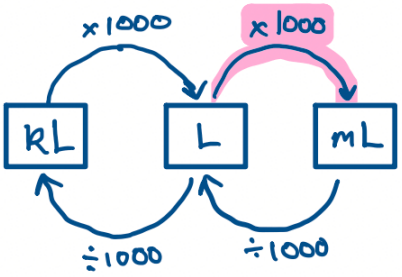
Worked Example for Standard Questions

Convert the following measurement.

$2.13\ \text{L} =$ 2130 mL

×1000



Check

2.13×1000
2130

Question 6

Convert the following measurement.

$187\ \text{L} =$ ☐ kL

Question 7

Convert the following measurement.

$760\ \text{L} =$ ☐ kL

Question 8

Convert the following measurement.

$0.03\ \text{L} =$ ☐ mL

Question 9

Convert the following measurement.

$4.3\ \text{kL} =$ ☐ L

Question 10

Convert the following measurement.

$12.4\ \text{kL} =$ ☐ L

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Ex 7.7

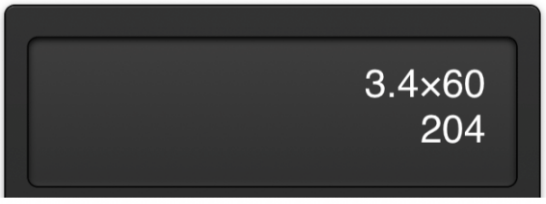
A calculator is permitted throughout this exercise.

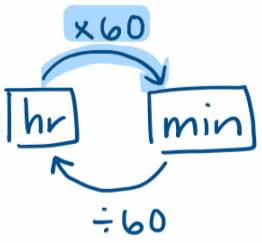
Worked Example for Simple Questions

Convert the following unit of time.

3.4 hours = 204 minutes

x 60





Multiply by 60 to convert from hours to minutes.

Question 1

Convert the following unit of time.

4.7 hours = ____ minutes

Question 2

Convert the following unit of time.

6.4 hours = ____ minutes

Question 3

Convert the following unit of time.

7.4 hours = ____ minutes

Question 4

Convert the following unit of time.

2.9 hours = ____ minutes

Question 5

Convert the following unit of time.

9.1 hours = ____ minutes

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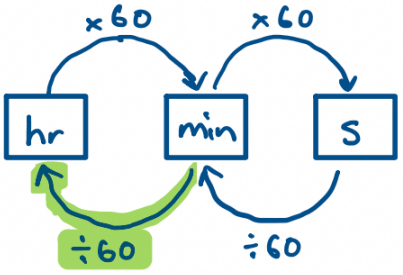
Worked Example for Standard Questions

Convert the following unit of time.

192 minutes = 3·2 hours

÷60



Check



Question 6

Convert the following unit of time.

5820 seconds = ____ minutes

Question 7

Convert the following unit of time.

174 minutes = ____ hours

Question 8

Convert the following unit of time.

324 minutes = ____ hours

Question 9

Convert the following unit of time.

36.4 minutes = ____ seconds

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Converting Units of Time

Question 10

Convert the following unit of time.

$8700 \text{ seconds} = \square \text{ minutes}$

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Ex 7.9

No calculators are permitted in this exercise.

Worked Example for Simple Questions

Convert 17:00 to 12 hour time.

17 − 12 = 5

A	B	C	D
7 am	7 pm	5 am	5 pm

17:00 is after 12:00 (midday), so it is a pm time.
Subtract 12 from the hour.

Question 1

Convert $23{:}00$ to 12-hour time.

Circle the correct option

A	B
11 pm	11 am
C	**D**
3 pm	3 am

Question 2

Convert $19{:}00$ to 12-hour time.

Circle the correct option

A	B
9 am	9 pm
C	**D**
7 am	7 pm

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Question 3

Convert $22{:}00$ to 12-hour time.

Circle the correct option

A

2 am

B

2 pm

C

10 am

D

10 pm

Question 4

Convert $17{:}00$ to 12-hour time.

Circle the correct option

A

7 pm

B

7 am

C

5 pm

D

5 am

Question 5

Convert $16{:}00$ to 12-hour time.

Circle the correct option

A

4 am

B

4 pm

C

6 am

D

6 pm

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Worked Example for Standard Questions

Convert 6:48 pm to 24 hour time.

pm is after midday (12:00)
so we add 12 to the hour
6 + 12 = 18.

18 : 48

Question 6

Convert $9{:}41$ pm to 24 hour time.

__ : __

Question 7

Convert $19{:}26$ to 12 hour time.

__ : __ __

Question 8

Convert $6{:}19$ am to 24 hour time.

__ : __

Question 9

Convert $21{:}39$ to 12 hour time.

__ : __ __

Question 10

Convert $11{:}53$ am to 24 hour time.

__ : __

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A calculator is permitted throughout this exercise.

Worked Example for Simple Questions

Ary started working at $10{:}45\ \text{am}$ and finished working at $3{:}20\ \text{pm}$.

Ary worked for 4 hours and 35 minutes.

Count the hours and minutes from the start time to the end time:

10:45 am $\xrightarrow{15\text{ mins}}$ 11 am $\xrightarrow{4\text{ hours}}$ 3 pm $\xrightarrow{20\text{ mins}}$ 3:20 pm

Total time = 4 hours + 15 mins + 20 mins
= 4 hours and 35 mins

Question 1

Aubrey started working at $10{:}20\ \text{am}$ and finished working at $3{:}15\ \text{pm}$.

Aubrey worked for ____ hours and ____ minutes.

Question 2

Amy started working at $9{:}30\ \text{am}$ and finished working at $4{:}05\ \text{pm}$.

Amy worked for ____ hours and ____ minutes.

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Question 3

Mallory started working at $8{:}30\ \text{am}$ and finished working at $3{:}25\ \text{pm}$.

Mallory worked for ☐ hours and ☐ minutes.

Question 4

Geoff started working at $8{:}30\ \text{am}$ and finished working at $4{:}15\ \text{pm}$.

Geoff worked for ☐ hours and ☐ minutes.

Question 5

Dylan started working at $9{:}45\ \text{am}$ and finished working at $5{:}20\ \text{pm}$.

Dylan worked for ☐ hours and ☐ minutes.

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Worked Example for Standard Questions

Ely started working at $8:37$ am and finished working at $12:12$ pm.

Ely worked for 3 hours and 35 minutes.

Count the minutes from the start time to the next hour.
Count the hours to the finish time hour. Add on the minutes past the finish hour.

Check

8:37 am → 23 mins → 9 am → 3 hrs → 12 pm → 12 mins → 12:12 pm

Total time = 3 hrs + 23 mins + 12 mins
= 3 hours and 35 minutes



Question 6

Delilah started working at $11:34$ am and finished working at $4:09$ pm.

Delilah worked for ☐ hours and ☐ minutes.

Question 7

Asher started working at $11:52$ am and finished working at $3:18$ pm.

Asher worked for ☐ hours and ☐ minutes.

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Question 8

Mateo started working at $10:26\ \text{am}$ and finished working at $2:17\ \text{pm}$.

Mateo worked for ☐ hours and ☐ minutes.

Question 9

Mila started working at $8:41\ \text{am}$ and finished working at $4:08\ \text{pm}$.

She had a 25 minute break where she wasn't working.

Mila worked for ☐ hours and ☐ minutes.

Question 10

Gianna started working at $9:57\ \text{am}$ and finished working at $4:38\ \text{pm}$.

She had a 45 minute break where she wasn't working.

Gianna worked for ☐ hours and ☐ minutes.

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