

### Length

1 inch  $\approx$  2.5 centimetres

**1 foot  $\approx$  30 centimetres**

1 mile  $\approx$  1.6 kilometres

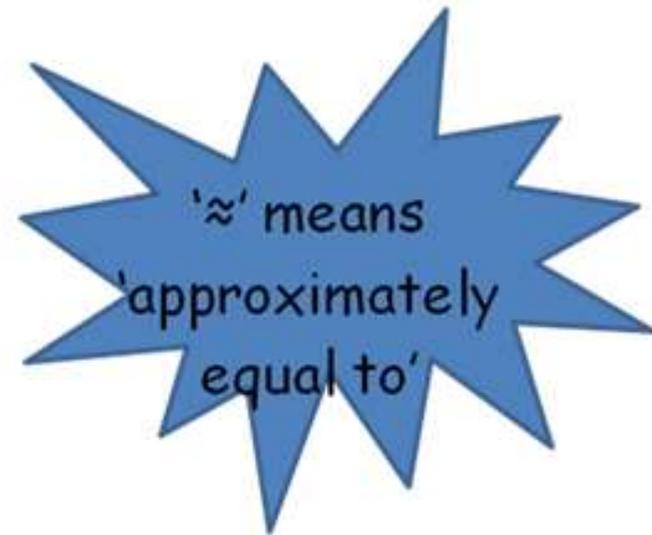
**5 miles  $\approx$  8 kilometres**

### Capacity

1 pint  $\approx$  570 millilitres

**1 gallon  $\approx$  4.5 litres**

**1 $\frac{3}{4}$  pints  $\approx$  1 litre**



### Mass

1 pound  $\approx$  450 grams

**2.2 pounds  $\approx$  1 kilogram**