GALLON MAN

Measurement helps us determine the size or amount of something. If you've ever followed a recipe, then you know how important it is to measure the right amount of ingredients so that the recipe turns out just the way you want it to. To do that, you need tools that are the correct size for what you are measuring.

Capacity is the amount that a container can hold. Some examples of capacity that you may see every day include pouring a delicious glass of milk to drink, filling a bucket to wash a car, or using a measuring cup to make your favorite dessert!

Different size containers have different capacities. If you pour too much milk in your glass, and it overflows all over the kitchen counter, you have gone over its capacity. Oops!

Ways of Measuring Capacity:

Customary capacity is the measurement used most often in the United States. Customary capacity can be gallons, quarts, pints and cups. These can be divided into smaller capacities like half cup, quarter cup, tablespoon and teaspoon.

Metric is the type of measurement used throughout other parts of the world. Liters and milliliters are used for metric capacity.

It can be hard to remember what the capacity of each measurement is. But don't worry. For liquids, Mr. Gallon Man will help you to learn and remember customary capacity measurements!

4 quarts = 1 gallon

2 pints = 1 quart

2 cups = 1 pint

4 cups = 1 quart

8 pints = 1 gallon

16 cups = 1 gallon

128 ounces = 1 gallon

To make your very own Gallon Man, you will need these materials:

- construction paper (4-5 different colors)
- marker
- scissors
- tape, glue, or staples

You can always refer back to the photo of Gallon Man while you are working, as needed.

Write "gallon" on a full sheet of construction paper for Gallon Man's body.

There are 4 quarts in a gallon, so fold a piece of construction paper in half twice and write "quart" on each section. Cut along the fold of each section and connect the quarts to your body as arms and legs.

There are 2 pints in each quart (8 pints in a gallon), so fold the next sheet into 8 sections. Label each "pint" section and attach to the pints as hands and feet.

There are 2 cups in a pint (16 cups in a gallon), so fold the next sheet into 16 sections. Label each "cup" section and attach as toes and fingers.

The final piece of paper is for Gallon Man's head. Cut the final piece into a square, circle or oval and use the marker or additional materials to bring Gallon Man to life.

Congratulations! You've learned how these different measurements compare to one another with the help of your very own Gallon Man.

Grown-ups, here are some other things you can do to reinforce your child's understanding of liquid capacity:

- Save gallon, quart, and pint containers from milk, juice or other beverages. Let your children practice filling the larger containers with the contents of the smaller ones and your measuring cups.
- Describe the different units of measurement used when cooking and let your child help with measuring and pouring.

ADDITIONAL RESOURCES:

Books available from the Washoe County LIbrary System

Culinary Math by Helen Thompson

How Long or How Wide? By Brian Cleary

Me and the Measure of Things by Joan Sweeney

Measure by Measure by Marilyn Deen

Measurement by Sara Pistoia

Measuring at Home by Jennifer Rozines Roy

Videos

Miacademy Learning Channel, "Intro to Liquid Measure" https://youtu.be/9V1sEKbxu84

Umigo: Wildbrain, "A Cup Fills Up (Capacity)" https://www.youtube.com/watch?v=E4UC_StFhAk

Websites

Land O Lakes, Kids in the Kitchen – Measuring Techniques
https://www.landolakes.com/expert-advice/kids-in-the-kitchen-measuring-techniques/

PBS Learning Media, Standard Measure Conversions: Liquid Volume, MIlliliters and Liters
https://knpb.pbslearningmedia.org/resource/mwnet-math-md-liqvol/standard-measures-and-conversions-liquid-volume-millliliters-and-liters/