Units of Capacity

How much a container holds

Customary

- Cup
- Pint = 2 cups
- Quart = 2 pints
- Gallon = 4 quarts

Metric

- Milliliter: a few drops
- Liter: a big water bottle
- 1,000 mL = 1 liter

Remember the Gallon Kingdom: 1 gallon holds 4 quarts, 8 pints, 16 cups.