

Units of Time

Time measures the interval between two or more events. The table shows the relationship among units of time.

- To convert from larger units to smaller units, multiply.
- To convert from smaller units to larger units, divide.

Units of Time	
60 seconds (s)	= 1 minute (min)
60 minutes	= 1 hour (h)
24 hours	= 1 day
7 days	= 1 week
52 weeks	= 1 year
365 days	= 1 year

EXAMPLES Convert Units of Time

Complete each sentence.

1 4 h = min

$$\begin{array}{r} 60 \\ \times 4 \\ \hline 240 \end{array}$$

Since 1 hour = 60 minutes, multiply by 60.

So, 4 hours = 240 minutes.

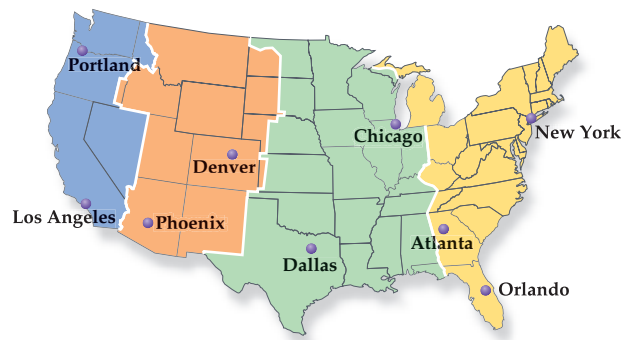
2 35 days = weeks

$$\begin{array}{r} 5 \\ 7 \overline{)35} \\ - 35 \\ \hline 0 \end{array}$$

Since 7 days = 1 week, divide by 7.

So, 35 days = 5 weeks.

The map shows the four time zones of the Continental United States. As you move from one time zone to the next, the time changes by one hour.



EXAMPLE Time Zones

3 If it is 4:15 P.M. in Chicago, what time is it in Los Angeles?

Chicago is in the Central Time Zone, and Los Angeles is in the Pacific Time Zone. Pacific Time is 2 hours behind Central Time. So when it is 4:15 P.M. in Chicago, it is 2:15 P.M. in Los Angeles.



Pacific



Mountain



Central



Eastern