

A UNITS OF TIME

A.1 CHOOSING THE RIGHT UNITS OF TIME

MCQ 1: Which unit would you use to measure the time it takes to run 100 meters?

Check one answer:

- ☐ Seconds
- ☐ Minutes
- ☐ Hours
- ☐ Days
- ☐ Weeks
- ☐ Months
- ☐ Years

MCQ 2: Which unit would you use to measure the time it takes to clean up your bedroom?

Check one answer:

- ☐ Seconds
- ☐ Minutes
- ☐ Hours
- ☐ Days
- ☐ Weeks
- ☐ Months
- ☐ Years

MCQ 3: Which unit would you use to measure your age?

Check one answer:

- ☐ Seconds
- ☐ Minutes
- ☐ Hours
- ☐ Days
- ☐ Weeks
- ☐ Months
- ☐ Years

MCQ 4: Which unit would you use to measure the time it takes to watch a movie?

Check one answer:

- ☐ Seconds
- ☐ Minutes
- ☐ Hours
- ☐ Days

MCQ 5: Which unit would you use to measure the time it takes to go on a family camping trip?

Check one answer:

- ☐ Seconds
- ☐ Minutes
- ☐ Hours
- ☐ Days

B CONVERTING UNITS OF TIME

B.1 CONVERTING UNITS OF TIME FROM BIGGER TO SMALLER

Ex 6:  Convert 2 hours to minutes:

$$2 \text{ h} = \boxed{} \text{ min}$$

Ex 7:  Convert 3 days to hours:

$$3 \text{ d} = \boxed{} \text{ h}$$

Ex 8:  Convert 5 minutes to seconds:

$$5 \text{ min} = \boxed{} \text{ s}$$

Ex 9:  Convert 2 weeks to days:

$$2 \text{ wk} = \boxed{} \text{ d}$$

B.2 CONVERTING UNITS OF TIME FROM SMALLER TO BIGGER

Ex 10:  Convert 120 seconds to minutes:

$$120 \text{ s} = \boxed{} \text{ min}$$

Ex 11:  Convert 24 hours to days:

$$24 \text{ h} = \boxed{} \text{ d}$$

Ex 12:  Convert 180 minutes to hours:

$$180 \text{ min} = \boxed{} \text{ h}$$

Ex 13:  Convert 14 days to weeks:

$$14 \text{ d} = \boxed{} \text{ wk}$$

B.3 DIVIDING TIME

Ex 14: If you divide an hour into two equal periods, how many minutes is one half hour?

$$\text{One half hour} = \boxed{} \text{ minutes}$$

Ex 15: If you divide an hour into four equal periods, how many minutes is one quarter hour?

$$\text{One quarter hour} = \boxed{} \text{ minutes}$$

Ex 16: If you divide a day into two equal periods, how many hours is half of a day?

$$\text{Half of a day} = \boxed{} \text{ hours}$$

C CONVERTING 1 UNIT INTO 2 UNITS

C.1 CONVERTING 2 UNITS INTO 1 UNIT

Ex 17: A movie lasts 1 hour 45 minutes. How many minutes is that?

$$1 \text{ h } 45 \text{ min} = \boxed{} \text{ min}$$

Ex 18: You hold your breath for 2 minutes 20 seconds. How many seconds is that?

$$2 \text{ min } 20 \text{ s} = \boxed{} \text{ s}$$

Ex 19: Your soccer practice lasts 1 hour 30 minutes. How many minutes is that?

$$1 \text{ h } 30 \text{ min} = \boxed{} \text{ min}$$

Ex 20: A trail running race lasts 1 day 5 hours. How many hours is that?

$$1 \text{ d } 5 \text{ h} = \boxed{} \text{ h}$$

C.2 CONVERTING 1 UNIT INTO 2 UNITS

Ex 21: You read a book for 100 minutes. How many hours and minutes is that?

$$100 \text{ min} = \boxed{} \text{ h} + \boxed{} \text{ min}$$

Ex 22: You run a race for 140 seconds. How many minutes and seconds is that?

$$140 \text{ s} = \boxed{} \text{ min} + \boxed{} \text{ s}$$

Ex 23: You study for 150 minutes. How many hours and minutes is that?

$$150 \text{ min} = \boxed{} \text{ h} + \boxed{} \text{ min}$$

Ex 24: You swim for 200 seconds. How many minutes and seconds is that?

$$200 \text{ s} = \boxed{} \text{ min} + \boxed{} \text{ s}$$

D 24-HOUR TIME FORMAT

D.1 TELLING TIME THE 24-HOUR WAY

Ex 25: Your favorite show starts at 6:15 PM. What time is it in 24-hour time?

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Ex 26: You wake up at 7:45 AM for school. What time is it in 24-hour time?

	:	
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Ex 27: Your soccer game starts at 4:30 PM. What time is it in 24-hour time?

	:	
--	---	--

Ex 28: You eat dinner at 7:00 PM. What time is it in 24-hour time?

	:	
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D.2 FINDING EVERYDAY TIME FROM 24-HOUR CLOCKS

Ex 29: You have breakfast at 07:30. What time is it?

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☐ PM
☐ AM

Ex 30: Your art class starts at 14:45. What time is it?

	:	
--	---	--

☐ AM
☐ PM

Ex 31: You go to bed at 20:00. What time is it?

	:	
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☐ AM
☐ PM

Ex 32: Your music lesson starts at 15:20. What time is it?

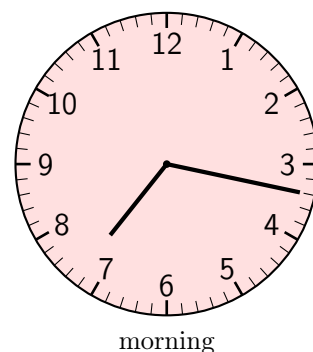
	:	
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☐ AM
☐ PM

E READING CLOCK TIMES

E.1 READING CLOCKS

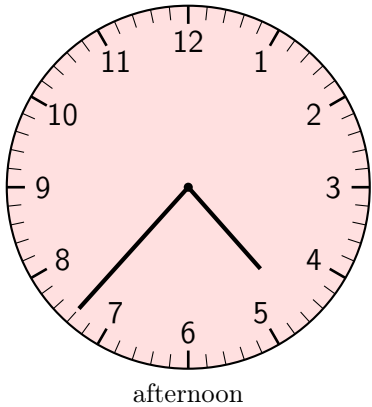
Ex 33: You leave for school at the time shown on this clock. What time is it?



:

☐ PM
☐ AM

Ex 34: Your soccer practice starts at the time shown on this clock. What time is it?

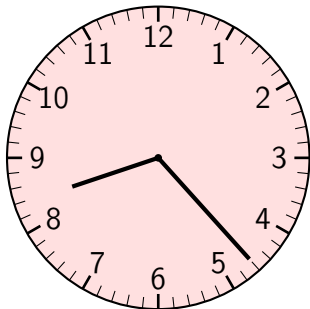


afternoon

:

☐ AM
☐ PM

Ex 35: You eat breakfast at the time shown on this clock. What time is it?

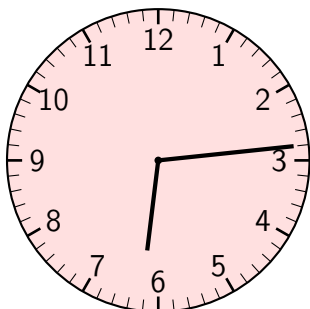


morning

:

☐ PM
☐ AM

Ex 36: You watch a movie at the time shown on this clock. What time is it?



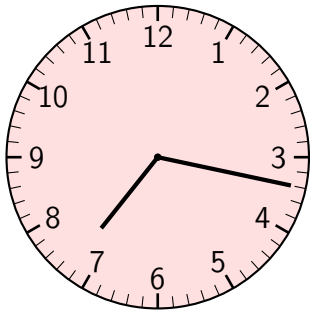
evening

:

☐ AM
☐ PM

E.2 READING CLOCKS FOR 24-HOUR TIME

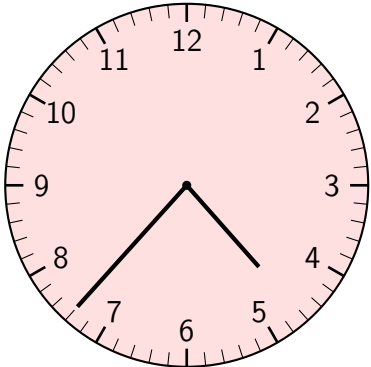
Ex 37: You leave for school at the time shown on this clock. What time is it in 24-hour format?



morning

:

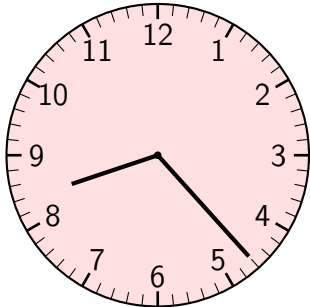
Ex 38: Your soccer practice starts at the time shown on this clock. What time is it in 24-hour format?



afternoon

:

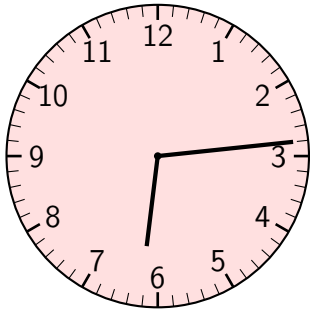
Ex 39: You eat breakfast at the time shown on this clock. What time is it in 24-hour format?



morning

:

Ex 40: You watch a movie at the time shown on this clock. What time is it in 24-hour format?



evening

:



F ADD AND SUBTRACT TIME

F.1 ADDING TIME

Ex 41: You watch a movie for 1 hour 20 minutes and do homework for 1 hour 15 minutes. How long is that altogether?

h min

Ex 42: You ride your bike for 1 hour 25 minutes and play soccer for 1 hour 30 minutes. How long is that altogether?

h min

Ex 43: You spend 1 hour 15 minutes on Math homework and 55 minutes on Science homework. How long is that altogether?

h min

Ex 44: You play a game for 2 hours 30 minutes and read a book for 1 hour 45 minutes. How long is that altogether?

h min

F.2 SUBTRACTING TIME

Ex 45: You have 3 hours 40 minutes to finish your chores. You spend 1 hour 25 minutes cleaning your room. How much time is left?

h min

Ex 46: You have 2 hours 35 minutes before dinner. You spend 1 hour 20 minutes practicing piano. How much time is left?

h min

Ex 47: You have 4 hours 10 minutes to complete your tasks. You spend 2 hours 45 minutes organizing your books. How much time is left?

h min

Ex 48: You have 3 hours 15 minutes to work on a project. You spend 1 hour 40 minutes writing a story. How much time is left?

h min

Ex 49: You have 4 hours 15 minutes of free time. You play a game for 1 hour 45 minutes. How much time is left?

h min

G TIME PROBLEMS

G.1 FIGURING OUT TIME

Ex 50: You work 2 hours 30 minutes on Saturday and 1 hour 20 minutes on Sunday. How much time do you work altogether?

h min

Ex 51: A train starts at 8:20 AM and arrives at 1:30 PM. How long is the train journey?

h min

Ex 52: Liam has to wrap 12 gift boxes for a charity event. It takes him 3 minutes to wrap each box. How long will it take to wrap all the gift boxes?

min

Ex 53: A teacher has 36 minutes to grade tests. Each test takes 3 minutes to grade. How many tests can the teacher grade?

tests

Ex 54: You spend 1 hour 40 minutes mixing cookie dough and 1 hour 25 minutes decorating the cookies. How long do you spend baking altogether?

h min

Ex 55: Sofia needs to bake 15 cupcakes for a school event. Each cupcake takes 5 minutes to prepare. How long will it take to bake all the cupcakes?

h min

Ex 56: To plant the vegetables, it takes me 20 hours, and I work over 4 days. How many hours do I work per day?

hours per day

Ex 57: In a library, I begin to work at 8:30 AM, and I finish at 10:20 AM. How much time do I work?

h min