TIME

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 h = ☐ min

Ex 7: Convert 3 days to hours:

3 d = ☐ h

Ex 8: Convert 5 minutes to seconds:

5 min = ☐ s

Ex 9: Convert 2 weeks to days:

2 wk = ☐ d

B.2 CONVERTING UNITS OF TIME FROM SMALLER TO BIGGER

Ex 10: Convert 120 seconds to minutes:

120 s = ☐ min

Ex 11: Convert 24 hours to days:

24 h = ☐ d

Ex 12: Convert 180 minutes to hours:

180 min = ☐ h

Ex 13: Convert 14 days to weeks:

14 d = ☐ wk

B.3 DIVIDING TIME

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

One half hour = ☐ minutes

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

One quarter hour = ☐ minutes

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

Half of a day = ☐ 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 h 45 min = ☐ min

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

2 min 20 s = ☐ s

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

1 h 30 min = ☐ min

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

1 d 5 h = ☐ 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 min = ☐ h + ☐ min

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

140 s = ☐ min + ☐ s

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

150 min = ☐ h + ☐ min

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

200 s = ☐ min + ☐ 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?

☐:☐

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

☐:☐

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?

☐:☐

D.2 FINDING EVERYDAY TIME FROM 24-HOUR CLOCKS

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

☐:☐ ☐ 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?
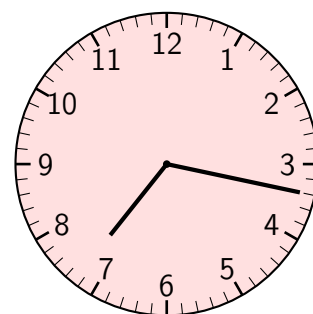
☐:☐ ☐ AM ☐ PM

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

☐:☐ ☐ AM ☐ PM

E READING CLOCK TIMES

E.1 READING CLOCKS

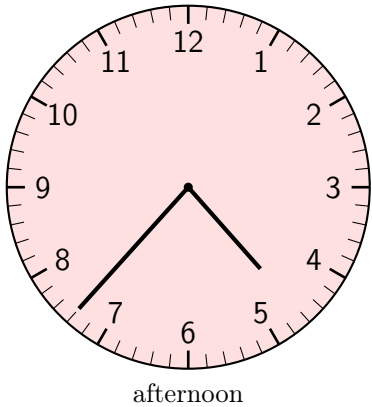**Ex 33:** You leave for school at the time shown on this clock. What time is it?
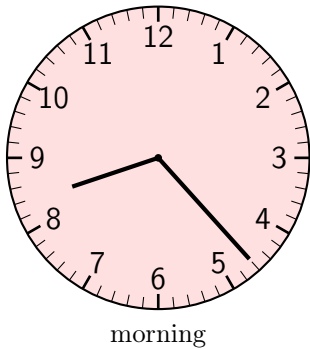

morning

[ ]:[ ] □ PM
      □ AM

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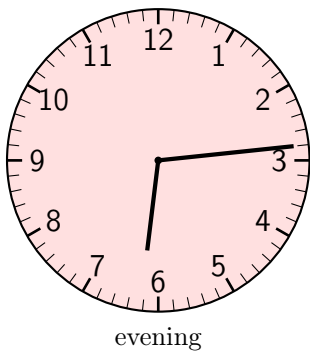
afternoon

[ ]:[ ] □ 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?
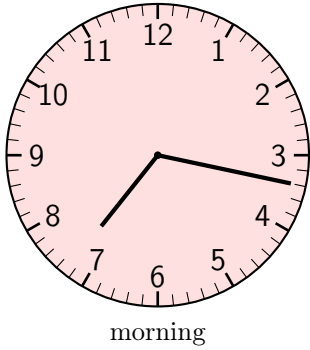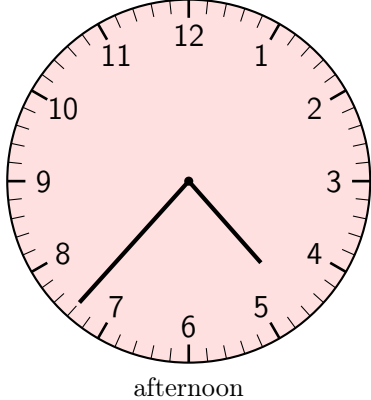
evening

[ ]:[ ] □ 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?
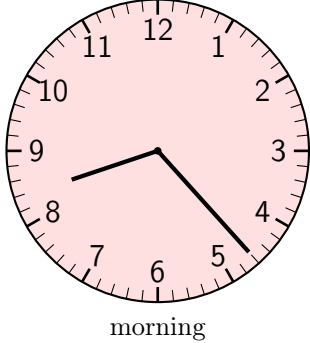
morning

[ ]:[ ]

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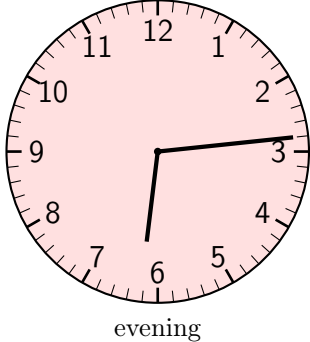
afternoon

[ ]:[ ]

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