

WORKSHEET 1 – READING MILLILITRES (mL)

Name: _____

Date: _____

INSTRUCTIONS:

- Measure liquids using a measuring jug
 - Write the capacity in millilitres (mL)
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1. Small cup of juice

Capacity: _ mL

2. Medicine cup

Capacity: _ mL

3. Water bottle

Capacity: _ mL

4. Yogurt container

Capacity: _ mL

5. Lemonade in a glass

Capacity: _ mL

6. Milk in a bowl

Capacity: _ mL

7. Tea cup

Capacity: _ mL

8. Coffee cup

Capacity: _ mL

COLOUR CHALLENGE:

Circle the container with the LEAST:

Circle the container with the MOST:

WORKSHEET 2 – READING LITRES (L)

Name: _____

Date: _____

INSTRUCTIONS:

- Measure larger containers using a measuring jug
 - Write the capacity in litres (L)
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1. Milk carton

Capacity: _ L

2. Large water bottle

Capacity: _ L

3. Water jug

Capacity: _ L

4. Bottle of juice

Capacity: _ L

5. Soup container

Capacity: _ L

6. Large milk pack

Capacity: _ L

7. Sports drink bottle

Capacity: _ L

8. Soda bottle

Capacity: _ L

THINK AND COLOUR:

Circle the container closest to 1 litre:

WORKSHEET 3 – ESTIMATE BEFORE MEASURING

Name: _____

Date: _____

INSTRUCTIONS:

Estimate first, then measure. Work out the difference.

1. Small cup of juice

Estimate: _ mL

Measured: _ mL

Difference: _ mL

2. Water bottle

Estimate: _ mL

Measured: _ mL

Difference: _ mL

3. Large milk carton

Estimate: _ L

Measured: _ L

Difference: _ L

4. Soup container

Estimate: _ L

Measured: _ L

Difference: _ L

5. Tea cup

Estimate: _ mL

Measured: _ mL

Difference: _ mL

REFLECTION:

Were your estimates mostly too big or too small?

☐ Too big ☐ Too small ☐ A mix of both

WORKSHEET 4 – COMPARING CAPACITIES

Name: _____

Date: _____

INSTRUCTIONS:

Measure each liquid. Write which holds MORE.

1. Small cup of juice vs Tea cup

Measure cup of juice: mL

Measure tea cup: mL

MORE: _

2. Water bottle vs Large water bottle

Measure water bottle: mL

Measure large bottle: L

MORE: _

3. Milk carton vs Sports drink bottle

Measure milk carton: L

Measure sports drink: L

MORE: _

4. Soup container vs Soda bottle

Measure soup: L

Measure soda: L

MORE: _

5. Small milk carton vs Large milk pack

Measure small: mL

Measure large: L

MORE: _

BONUS BOX:

Draw a smiley beside the pair with the SMALLEST difference:

WORKSHEET 5 – WORD PROBLEMS

Name: _____

Date: _____

INSTRUCTIONS:

Solve each problem. Show your working if needed.

1. A juice box is 250 mL. How many mL in 3 boxes?

Answer: _

2. A milk carton is 1 L. How many mL is that?

Answer: _

3. A water bottle is 500 mL. How much more does a 1 L bottle hold?

Answer: _

4. A soup container is 2 L. How many mL is that?

Answer: _

5. A lemonade jug is 1.5 L. How many mL is that?

Answer: _

6. A small milk carton is 200 mL. How much is 5 cartons?

Answer: _

7. A smoothie glass is 300 mL. How much more is 1 L?

Answer: _

8. A milkshake container is 2 L. How many 500 mL servings?

Answer: _

9. A water jug is 3 L. How many 500 mL cups can you fill?

Answer: _

WORKSHEET 6 – MIXED PRACTICE (mL & L)

Name: _____

Date: _____

INSTRUCTIONS:

Measure or calculate the capacity. Use mL or L as needed.

1. Small cup of juice

Capacity: _

2. Water bottle

Capacity: _

3. Milk carton

Capacity: _

4. Tea cup

Capacity: _

5. Coffee cup

Capacity: _

6. Juice bottle

Capacity: _

7. Soup container

Capacity: _

8. Sports drink bottle

Capacity: _

FAST FINISHER:

Least capacity:

Greatest capacity:

TEACHER ANSWER SHEET

NOTE:

Answers for Worksheets 1–4 and 6 will vary (students measure real liquids).

MARKING GUIDE:

- Accept reasonable measurements
 - Tolerance: ~10–20 mL for small, ~0.1 L for larger
 - Focus on correct unit (mL or L)
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WORKSHEET 5 ANSWERS:

1. 750 mL
 2. 1000 mL
 3. 500 mL more
 4. 2000 mL
 5. 1500 mL
 6. 1000 mL
 7. 700 mL more
 8. 4 servings
 9. 1250 mL
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QUICK TEACHER CHECK:

1 L = 1000 mL

More = larger – smaller

Use $\times$ for total, $\div$ for number of servings
