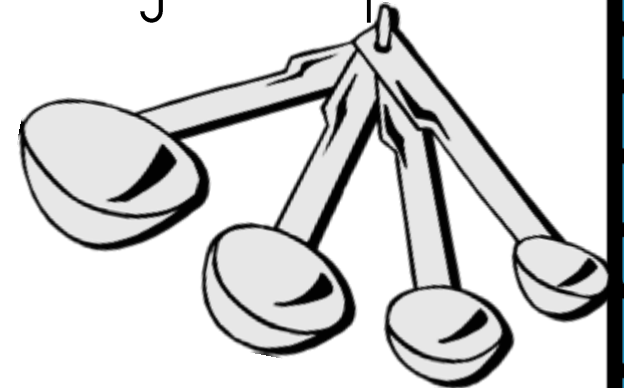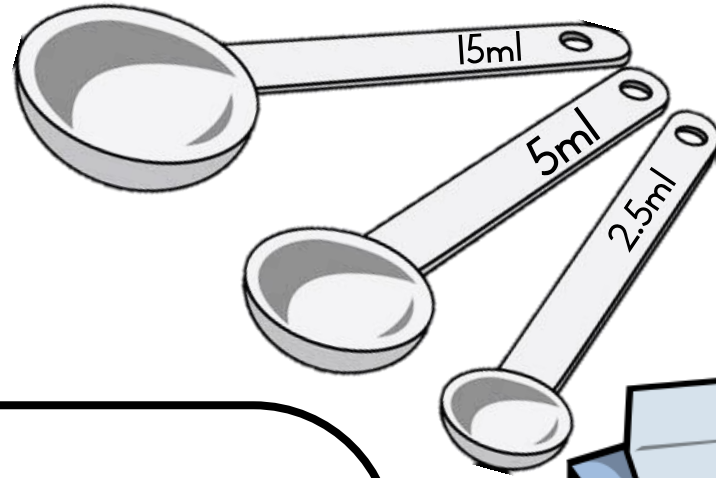# Capacity and Volume

Capacity

Capacity is the total amount that an object can be filled with (or the amount of space inside an object).

Milk

2liter

Volume

Volume is the amount of space that an object occupies.

Capacity

Capacity is measured in:

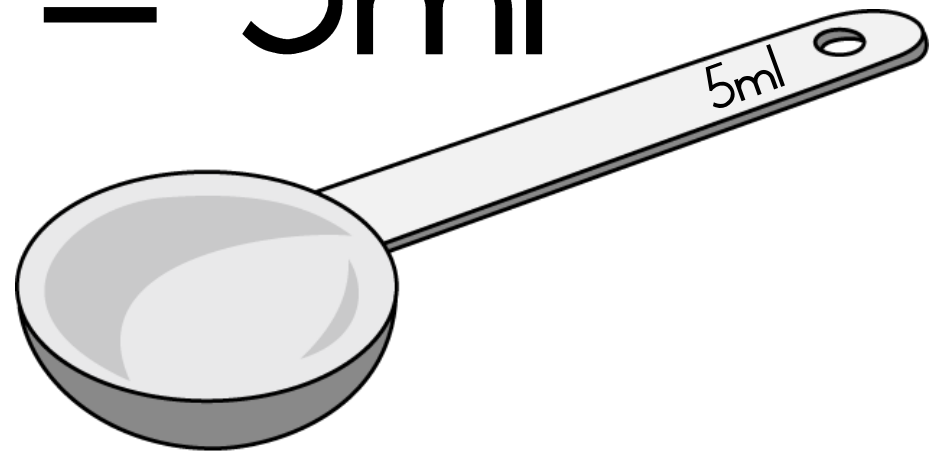## milliliter - ml

liter - l

15ml

5ml

2.5ml

Milk

1L

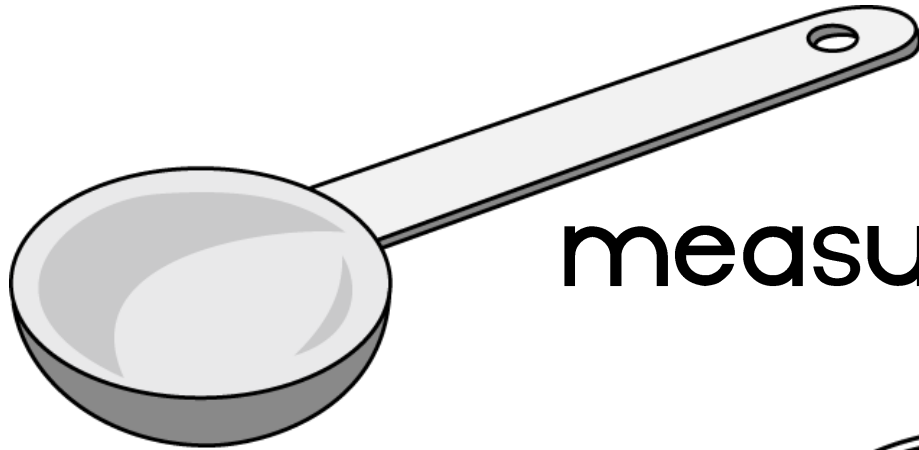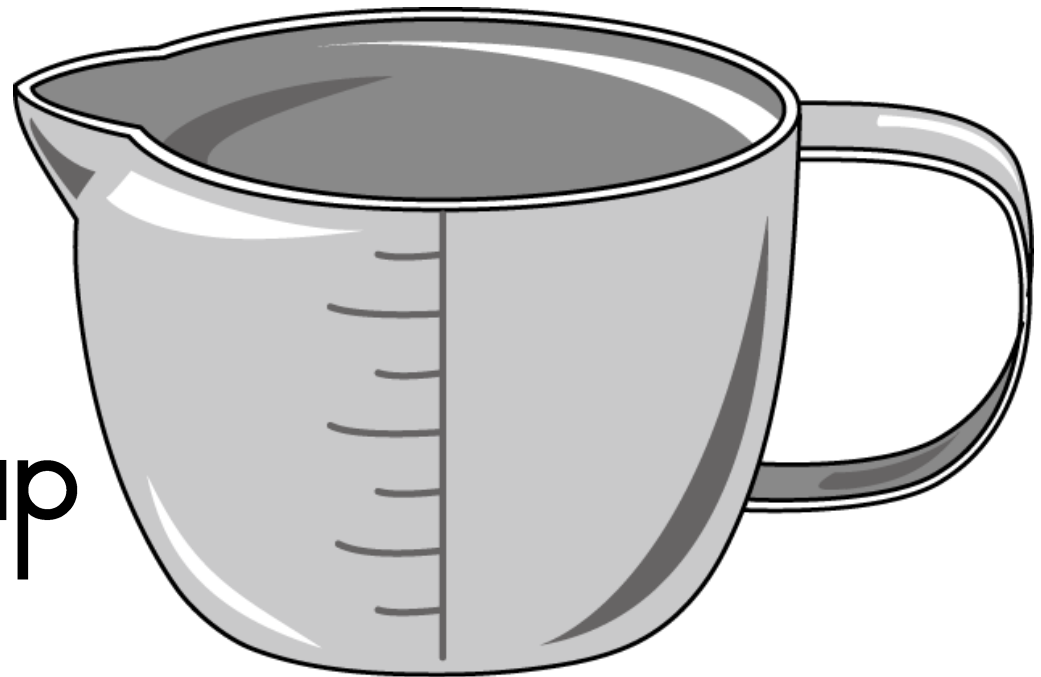1 liter = 1000 ml

1 cup = 250ml

1 teaspoon = 5ml

5ml

We measure the capacity of a liquid with:

measuring spoons

measuring cup