



## How to Convert Hours to Minutes?

**FREE Worksheet - 1**

**Time: 10 minutes**

(Detailed solutions at the end)

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1. It took her 222 minutes to prepare dinner.  
How many hours and minutes did it take her to prepare dinner?

[Write your answer as below.

Example: 2 h 12 min]



Answer: \_\_\_\_\_

2. How many minutes are there in 5 h 17 min?

Answer: \_\_\_\_\_

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3. Give your answer in hours and minutes.

$$412 \text{ min} = \underline{\quad} \text{ h } \underline{\quad} \text{ min}$$

Answer: \_\_\_\_\_

4. Adam watches 3 hours of TV each week.

How many minutes does he spend watching TV each week?



Answer: \_\_\_\_\_



## SOLUTIONS

### Problem 1

$$\begin{aligned} 222 \text{ min} &= 180 \text{ min} + 42 \text{ min} \\ &= 3 \text{ h} + 42 \text{ min} \\ &= 3 \text{ h } 42 \text{ min} \end{aligned}$$

It took her 3 h 42 min to prepare dinner.

### Problem 2

We know,

$$1 \text{ h} = 60 \text{ min}$$

So,

$$\begin{aligned} 5 \text{ h} &= 5 \times 60 \text{ min} \\ &= 300 \text{ min} \end{aligned}$$

Therefore,

$$\begin{aligned} 5 \text{ h} + 17 \text{ min} &= 300 \text{ min} + 17 \text{ min} \\ &= 317 \text{ min} \end{aligned}$$



**Problem 3**

$$\begin{aligned} 412 \text{ min} &= 360 \text{ min} + 52 \text{ min} \\ &= 6 \text{ h} + 52 \text{ min} \\ &= 6 \text{ h } 52 \text{ min} \end{aligned}$$

There are 6 h 52 min in 412 min.

**Problem 4**

We know,

$$1 \text{ h} = 60 \text{ min}$$

So,

$$\begin{aligned} 3 \text{ h} &= 3 \times 60 \text{ min} \\ &= 180 \text{ min} \end{aligned}$$

He spends 180 minutes watching TV each week.