

Metric and Imperial Units of Measurement

Distance, Mass and Volume

CONVERSION	ESTIMATE	ACTUAL
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Distance

Millimetres to Centimetres How many mm are in ONE cm?		_____ mm = 1 cm
Centimetres to Metres How many cm are in ONE m?		_____ cm = 1 m
Metres to Kilometres How many m are in ONE km?		_____ m = 1 km
Inches to Feet How many inches are in ONE foot?		_____ in. = 1 ft.
Feet to Yards How many feet are in ONE yard?		_____ ft. = 1 yd.
Yards to Miles How many yards are in ONE mile?		_____ yd. = 1 mile

Mass

Grams to Kilograms How many grams in ONE kilogram?		_____ g = 1 kg
Ounces to Pounds How many ounces in ONE pound?		_____ oz. = 1 lb.

Volume

Millilitres to Litres How many mL in ONE litre?		_____ mL = 1 L
Fluid Ounces to Gallons How many fl. oz. are in ONE gal?		_____ fl. oz. = 1 gal.

Converting From Metric Units to Imperial Units Distance, Mass and Volume

CONVERSION	ESTIMATE	ACTUAL
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Distance

Centimetres to Inches How many cm are in ONE inch?		_____ cm = 1 inch
Metres to Feet How many metres are in ONE foot?		_____ m = 1 ft.
Kilometres to Miles How many km are in ONE mile?		_____ km = 1 mile

Mass

Grams to Ounces How many grams in ONE ounce?		_____ g = 1 oz.
Kilograms to Pounds How many kg are in ONE pound?		_____ kg = 1 lb

Volume

Millilitres to Fluid Ounces How many mL are in ONE fl. oz.?		_____ mL = 1 fl. oz.
Litres to Gallons How many L are in ONE gal.?		_____ L = 1 gal.