

## Metric and Imperial Units of Measurement

### Distance, Mass and Volume

CONVERSION	ESTIMATE	ACTUAL
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#### Distance

<b>Millimetres to Centimetres</b> How many mm are in ONE cm?	$10 \quad 9$ $5$	$\underline{10}$ mm = 1 cm
<b>Centimetres to Metres</b> How many cm are in ONE m?	$100$	$\underline{100}$ cm = 1 m
<b>Metres to Kilometres</b> How many m are in ONE km?	$1000$	$\underline{1000}$ m = 1 km
<b>Inches to Feet</b> How many inches are in ONE foot?	$12$	$\underline{12}$ in. = 1 ft.
<b>Feet to Yards</b> How many feet are in ONE yard?	$3$	$\underline{3}$ ft. = 1 yd.
<b>Yards to Miles</b> How many yards are in ONE mile?	$100$	$\underline{1760}$ yd. = 1 mile

#### Mass

<b>Grams to Kilograms</b> How many grams in ONE kilogram?	$10 \quad 100$ $50$	$\underline{1000}$ g = 1 kg
<b>Ounces to Pounds</b> How many ounces in ONE pound?	$4 \quad 100$ $10$	$\underline{16}$ oz. = 1 lb.

#### Volume

<b>Millilitres to Litres</b> How many mL in ONE litre?	$10000$ $1000$	$\underline{1000}$ mL = 1 L
<b>Fluid Ounces to Gallons</b> How many fl. oz. are in ONE gal?	$4 \quad 10$ $100$	$\underline{128}$ fl. oz. = 1 gal.

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

CONVERSION	ESTIMATE	ACTUAL
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### Distance

<b>Centimetres to Inches</b> How many cm are in ONE inch?	$3.5$ $2.5$ $3$ $5$	$2.54$ cm = 1 inch
<b>Metres to Feet</b> How many metres are in ONE foot?	$0.25$ $0.5$ $0.33$	$0.304$ m = 1 ft.
<b>Kilometres to Miles</b> How many km are in ONE mile?	$1.2$ $10$	$1.6$ km = 1 mile

### Mass

<b>Grams to Ounces</b> How many grams in ONE ounce?	$28$	$28$ g = 1 oz.
<b>Kilograms to Pounds</b> How many kg are in ONE pound?	$2$ $0.10$ $10$ $0.5$	$0.454$ kg = 1 lb

### Volume

<b>Millilitres to Fluid Ounces</b> How many mL are in ONE fl. oz.?	$2800$ $10$ $52$	$29.573$ mL = 1 fl. oz.
<b>Litres to Gallons</b> How many L are in ONE gal.?	$10$ $100$ $96$	$3.78$ L = 1 gal.