

Metric and Imperial Units of Measurement

Distance, Mass and Volume

UNITS	CONVERSION
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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

UNITS	Imperial to Metric	Metric to Imperial
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Distance

Centimetres and Inches	_____ inches = 1 cm	_____ cm = 1 inch
Metres and Feet	_____ ft = 1 m	_____ m = 1 ft.
Kilometres and Miles	_____ miles = 1 km	_____ km = 1 mile

Mass

Grams and Ounces	_____ oz. = 1 g	_____ g = 1 oz.
Kilograms and Pounds	_____ lb = 1 kg	_____ kg = 1 lb

Volume

Millilitres and Fluid Ounces	_____ fl. oz. = 1 mL	_____ mL = 1 fl. oz.
Litres and Gallons	_____ gal. = 1 L	_____ L = 1 gal.