## Title: Converting Units Using the Metric System



## Teacher Reflection/Lesson Evaluation

This lesson was created by Middletown ABLE.

## Kill Him Dead But Don't Call Me

## Metric Measurement

Common Prefixes for Metric Units

| Prefix | Abbreviation |  | x Base Unit |
| :--- | :---: | :---: | :---: |
|  |  |  |  |
| kilo | $k$ |  | 1,000 |
| hecto | $h$ |  | 100 |
| deka | da |  | 10 |
| deci | $d$ |  | .1 |
| centi | $c$ | .01 |  |
| miill | $m$ | .001 |  |

## The Metric Stairstep

Each step is ten times greater than the one just below it.

Choose your base unit depending on what you're measuring:

Length ..... use meters
Weight ..... use grams
Volume .... use liters
So, 1 kilometer is equal to 10 hectometers. And 1 decigram is equal to . 10 centigrams.

Refer to the Kill Him Dead handout when working this handout.

1. How many centimeters are in 1 meter?
2. How many millimeters are in 1 meter?
3. How many millimeters are in 1 centimeter?
4. How many meters are in 1 kilometer?
5. How many milliliters are in a 2 liter bottle of Coca Cola?
6. A 20 ounce bottle of Dr. Pepper contains 591 ml. How many liters is this?
7. A 12 ounce can of Diet Coke contains 355 ml . How many liters if this?
8. City A is 2.5 km from City B . How many meters if this?
9. A person weighs 70 kilograms. How many grams is this?
10. One serving of a recipe of Skillet Shrimp with Onions, Succotash, and Tomatoes is $1 \frac{1}{2}$ cups. It contains 165 Cal, 3 g Fat, 1 g Sat Fat, 0 Trans Fats, 150 mg Chol, 592 mg Sod, 16 g Carb, 3 g Fib, 20 g Prot, 64 mg Calc. Convert the g to mg and the mg to g .

## ANSWER KEY

Refer to the Kill Him Dead handout when working this handout.

1. How many centimeters are in 1 meter? $\mathbf{1 0 0}$
2. How many millimeters are in 1 meter? $\mathbf{1 0 0 0}$
3. How many millimeters are in 1 centimeter?10
4. How many meters are in 1 kilometer? $\mathbf{1 0 0 0}$
5. How many milliliters are in a 2 liter bottle of Coca Cola? 2000
6. A 20 ounce bottle of Dr. Pepper contains 591 ml. How many liters is this? . 591
7. A 12 ounce can of Diet Coke contains 355 ml . How many liters if this? . 355
8. City $A$ is 2.5 km from City B . How many meters if this? $\mathbf{2 5 0 0}$
9. A person weighs 70 kilograms. How many grams is this?

70000
10. One serving of a recipe of Skillet Shrimp with Onions, Succotash, and Tomatoes is $1 \frac{1}{2}$ cups. It contains 165 Cal, 3 g Fat, 1 g Sat Fat, 0 Trans Fats, 150 mg Chol, 592 mg Sod, 16 g Carb, 3 g Fib, 20 g Prot, 64 mg Calc. Convert the g to mg and the mg to g .

## 3000 mg Fat

1000 mg Sat Fat
.150 g Chol
.592 g Sod
16000 mg Carb
3000 mg Fib
20000 mg Prot
.064 g Calc

