

There's no Mystery about Metric!

- Volume is measured in litres (L) and millilitres (mL). It tells how much space something takes up. Liquids and other things that can be poured are often measured in L and mL.
- Weight is measured in kilograms (kg) and grams (g). It tells how heavy something is.



There are 1000 millilitres in one litre.

1000 mL = 1 L

There are 1000 grams in one kilogram.

1000 g = 1 kg

It's easier to 'think metric' if you connect an amount with a familiar item—like a carton of milk or a can of beans. Fill in this chart. Use the food packages or food flyers for ideas.

Find something that is <u>about</u>:	Your examples
2 L	
1 L	
500 mL	
350 mL	
250 mL	
100 mL	
2 kg	
1 kg	
500 g	
250 g	
100 g	
50 g	

