

***How to Learn  
Basic Metric Measurement and Practices  
In Less Than 5 Minutes!***

**COLOR KEYED for EASY UNDERSTANDING.**



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***FREE Web Links with Videos  
for Hands-On Learning***



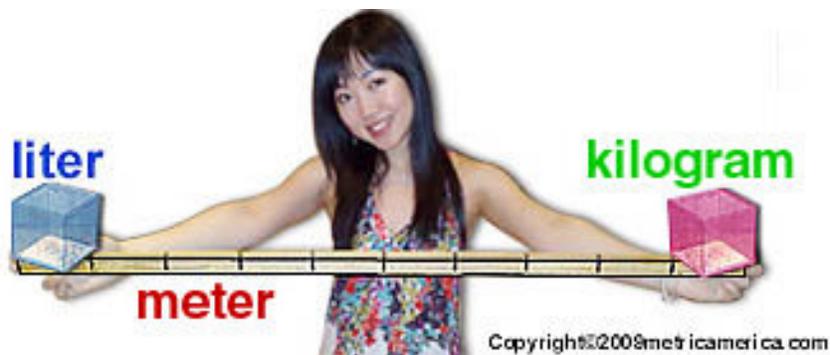
**Instant Metric Conversion®  
with Tables to Compare**

**ENTERTAINING  
METRIC REFERENCE MANUAL  
FOR LEADERS, TEACHERS and STUDENTS  
of ALL AGES from AROUND the WORLD**

***How to Understand  
Basic Metric Measurement  
for TRAVEL and ENJOYMENT!***  
**COLOR KEYED for EASY LEARNING.**

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***INSTANT METRIC  
eBook***



***FREE Web Support with Videos and Exams  
Handy Reference Guide for  
DECADES, CENTURIES and Into The MILLENNIUM***

***A Lot of Fun Too!***

**DETAILS PAGE 39**

**COPYRIGHT SEE PAGE 80**

***Powerful Metric Compendium for  
Learning Through Functional Association.***

**People's Guide to  
Personal Growth and Achievement  
with Guaranteed Understanding.**

**\*Required Fee US\$12.95**



## Preface

# *INSTANT METRIC* *eBook*

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It has been said that the unique simplicity of measuring in metric dimensions is found in the properties of Length, Volume and Mass and to each, a close relationship to the Length of a meter (also spelled metre).

Successful understanding by definition is likely in the way we use metric measurement and how benefits can be derived from its' application. *INSTANT METRIC eBook* is a printed, web based and digitized publication with web support that is not necessarily a prepared instruction for rocket-science. However, it is equally as valuable a combined asset in measuring for everyday use as it is in science, aerospace, industry, medicine, chemistry and anywhere else that precision and accuracy are required for measurement.

<p><b>Metric dimensions in military applications and space exploration are universal and well known. The internet, an American invention does not exist without it.</b></p>	
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**Useful VIDEO Link** <http://metricamerica.com/ametricanman.htm>

Whether in space, on the Moon, Mars or Earth, metric measurements of Length, Volume and Mass remain constant in the absence of gravity.

Understandably, where “mass” is referred to herein, one may associate it with the “*weight*” of something naturally because of how it feels to them personally.

But “*weight*” is really gravitational force attracted to Earth, whereas, the “mass” of something doesn't rely on gravity and is constant in metric measurement regardless of where it is used.

The same may apply to feeling the “volume or capacity” of something in metric dimensions when it might be associated with aspects of “*liquid*” values.

**EVERYDAY METRIC MEASUREMENT  
RULES, PRACTICES and PRONUNCIATION GUIDE  
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# EVOLUTION of ARCHAIC MEASUREMENT

Useful VIDEO Link <http://metricamerica.com/evolutionof.htm>

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Many years ago there was very little trade and measurement was crude and subject to confusion.

Apparently, the yard was supposed to be half the span from finger-tip to finger-tip of a King's outstretched arms.

And the pound was the *"weight of 7,000 grains of barley chosen from the middle ear"*.

Rough and inaccurate measurement was good enough for barter between friends and relatives but trouble arose when commercial trade began.

Relationships evolving out of haphazard methods of measurement were anything but simple.

And as merchants adopted a form of measurement that would be met with more acceptance by the general public of that era

the outcome resulted in having

2 pints to the quart, 4 quarts to the gallon,

22 yards to a chain, 16 ounces to the pound

*(is that ounces of nuts or ounces in a can of juice?)*

12 inches to a foot

*(a foot isn't anywhere close to a human foot)*

3 feet in a yard, 5,280 feet in a mile,

firkens and knogenheads and *on and on and on*.

A pound even had five varied weights and meanings used throughout the Middle Ages and in Britain weight was measured as *14 pounds to the "stone"*.

It was an outdated and archaic method of measurement seemingly reserved for British colonies in America's past.

The irony in this, is that after the British were historically defeated in the United States, an American gallon remained the outdated

measurement adopted from what was known as the *Queen Ann's Wine Gallon*".



***And still remains somewhat today.***

Useful VIDEO Link <http://metricamerica.com/evolutionof.htm>

# INCH-POUND Non- System

Useful VIDEO Link <http://metricamerica.com/images/metric%20%20Believe.wmv>

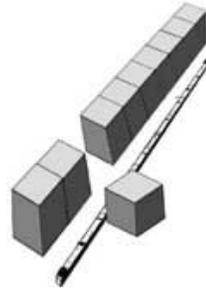
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**PLEASE NOTE:**

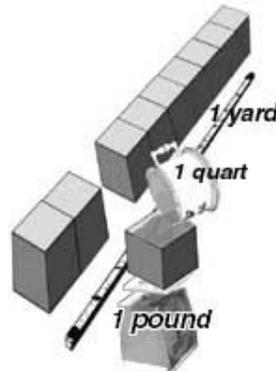
**NONE OF THIS EXAMPLE BELOW IS POSSIBLE.  
WE JUST IMAGINE IT TO ILLUSTRATE  
HOW NOTHING WITH INCH-POUND MEASUREMENT  
IS RELATED TO ANYTHING.**

Let's IMAGINE a person from another archaic country or planet that wanted to know how you could possibly make the old "inch-pound non-system" easy to understand by demonstrating how **LENGTH, LIQUID** and **WEIGHT** might somehow relate to each other with inch-pound measurement.

**IMAGINE... IF**  
*you could take the length of a yard and divide it by exactly ten equal parts so we can make a cube container with those same equal sides to hold water.*



*Then by some strange course of events IMAGINE again IF we could fill that cube container with water.  
AND that cube contained the liquid of exactly 1 quart which, when placed on a scale MIGHT weigh exactly 1 pound.*



**LENGTH, LIQUID and WEIGHT ALL RELATED?**

•

**Let's go party!**

***Stop the Party!***  
***THERE'S A BIG PROBLEM HERE***  
***and HAS BEEN FOR***  
***A LONG TIME!***



Useful VIDEO Link <http://metricamerica.com/inchpound.htm>

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### NOTHING RELATES

in such an outdated non-system of  
inches, pounds, gallons, firkins, knoginheads



or even ***barleycorns!***

Lifetimes have been consumed trying to memorize  
complicated figures and fractions.  
And writing silly things like "oz." for ounce or "lb." for pound.  
*Is the solid of 16 oz. in a bag of nuts*  
*the same as 16 oz. of liquid in a can of juice?*

OR

*Try to add up in your head, the total of  $2/3+3/8+3/5$  of an inch.*

OR

Go shopping and try to  
determine which is the better buy...  
*1-17 oz. can of a product for 63 cents,*  
*or 2-14.5 oz. cans for \$1.10*  
*or maybe 3-16 oz. cans for \$1.49?*

**THEN THERE IS**

*3 feet in a yard... 12 inches in a foot...*  
The length of a foot is nowhere near the size  
of an average person's foot and *blah, blah, blah.*

•

But when measuring in metric dimensions  
**LENGTH**, **VOLUME** and **MASS** are All Simply Related in 10.

Useful VIDEO Link

<http://metricamerica.com/images/metric%20I%20Believe.wmv>

# SI RELATES IN 10

*The System of International Measurement called "SI" is the metric measurement used in America and around the World.*

An international system of measurement evolved that was assisted in its development as a result of far-sighted American Fathers like Thomas Jefferson who gave us an American dollar with 100 cents and Dr Benjamin Franklin who, along with other devoted attendees of the Academy of Sciences in Paris, contributed significantly to the simple design and development of measuring in metric dimensions.

Useful VIDEO Link <http://metricamerica.com/ametricanman.htm>

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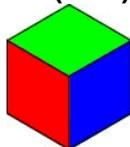
## HERE'S HOW IT WORKS!



Simply divide the Length of  
**1 m (meter)**  
in exactly 10 equal parts,  
each of which measures  
**10 cm (centimeters)**.  
Make a cube container  
with it that is  
**10 cm x 10 cm x 10 cm**  
**(1000 cm<sup>3</sup>)**  
and fill with water.

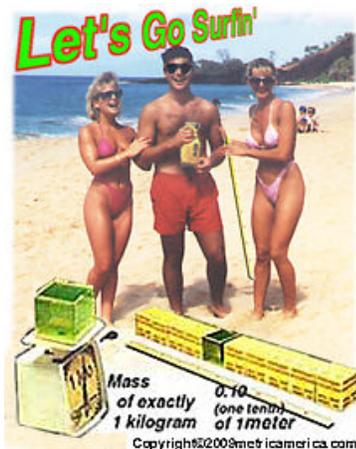
(Technically, it is supposed to be  
*distilled water at sea level*)

Like magic,  
when you fill this cube  
container with water,  
it has the  
**Volume** of exactly  
**1 L (liter)**.



Useful VIDEO Link <http://metricamerica.com/ametricanman.htm>

**RULES, PRACTICES and USES GUIDE Pages 78-79.**

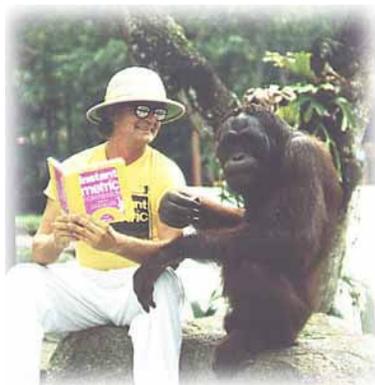


Then, when you place this (1000 **cm<sup>3</sup>**) cube filled with water on a scale it has the **Mass** of exactly **1 kg (kilogram)**.

ALL SIMPLY  
RELATED  
in  
**10!**

## **LENGTH, VOLUME and MASS.** ©db2011

Useful VIDEO Link <http://metricamerica.com/americanman.htm>



Regardless of political or religious persuasion, ethnic or educational background, race, age, sex or wherever people think they are from, **decimal measurement**

**works**

in harmony with life itself.  
**AND IT'S ALL SIMPLY  
RELATED IN 10!**

## **Creation... Evolution, 10 digit hands and 10 digit toes. Right?**

Useful VIDEO Link <http://metricamerica.com/monkey.htm>

**Do This Again.**

Divide 1 **meter** by exactly 10 equal parts.  
Then, make a cube (10 **cm** x 10 **cm** x 10 **cm**)  
to fill with (1000 **cm<sup>3</sup>**) water,  
and you will find that it contains exactly  
1 **L (1 liter)** (1000 **mL**) of water.

Now, when this cube filled with water is placed on a scale it is has the mass of exactly **1 kg (1 kilogram)**.

(Both spellings meter and liter as well as metre and litre are correct.)

**RULES, PRACTICES and USES GUIDE Pages 78-79.**

# The Metric System

**WORKS IN HARMONY  
WITH LIFE ITSELF!**



First you take 10 of whatever you have handy.

**10! IT'S ALL SIMPLY RELATED IN 10!**



Convenient **Prefix** attached in front of  
**Base** or **Derived Unit** of **Measure**  
shows *Quantity, Size* or *Value* by 10, 100 and 1000.

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Useful VIDEO Link <http://metricamerica.com/themetricssystem.htm>

## **WRITING IS EASY!**

**Symbols** identify **Prefix** and **Base** or **Derived Unit** of **Measure** together.

**Symbols** like **cm** (centimeter) or **mL** (milliliter)  
or **kg** (kilogram) *for example*.

For most *everyday purposes* useful **Prefixes** are  
**milli** - 1 one thousandth (0.001)  
from the **Base** or **Derived Unit** of **Measure**.

•  
**centi** - 1 one hundredth (0.01)  
from the **Base** or **Derived Unit** of **Measure**.

•  
**kilo** - 1000 times as much  
as the **Base** or **Derived Unit** of **Measure**.

Useful VIDEO Link <http://metricamerica.com/themetricssystem.htm>  
RULES, PRACTICES and USES GUIDE Pages 78-79.

## Prefixes and Symbols *Together*

### **PREFIXES**

Convenient **Prefix** attached in front of  
**Base or Derived Unit of Measure**  
shows *Quantity, Size or Value* in 10, 100 and 1000.

Useful VIDEO Link <http://metricamerica.com/prefixes.htm>

For most everyday experience Prefixes we use are

**milli** • **centi** • **kilo**

## *Writing is Easy!*

### **SYMBOLS**

Identify **Prefix** and  
**Base or Derived Unit of Measure**  
**TOGETHER**

Useful VIDEO Link <http://metricamerica.com/symbols.htm>  
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For most everyday experience we use

**BASE UNIT meter - m** for **LENGTH**

**Derived UNIT liter - L** for **VOLUME**

**BASE UNIT kilogram - kg** for **MASS**

**RULES, PRACTICES and USES GUIDE Pages 78-79.**

# PREFIXES

Convenient **Prefix** attached in front of  
**Base** or **Derived Unit of Measure**  
shows *Quantity, Size or Value*  
in 10, 100 and 1000.

For most everyday experience  
Prefixes we use are

**milli** • **centi** • **kilo**

Useful VIDEO Link <http://metricamerica.com/prefixes.htm>

<b>PREFIX SYMBOL for EVERYDAY USE</b>	<b>BASE and Derived UNIT SYMBOL</b>
<b>m</b> <i>milli</i> is 1 one thousandth (0.001) <b>c</b> <i>centi</i> is 1 one hundredth (0.01) <b>k</b> <i>kilo</i> is 1000 times as much	meter - <b>m</b> liter - <b>L</b> kilogram - <b>kg</b>

## WRITING IS EASY

**Symbols** like **mL** or **mg** or **mm** or **kg** or **cm**  
TOGETHER identify **Prefix**  
and **Base** or **Derived Unit of Measure**.

Useful VIDEO Link <http://metricamerica.com/prefixes.htm>

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The International Bureau of Weights and Measures notes:  
*Unit symbols are mathematical entities and not abbreviations.  
Among other things, they are not followed by a period except  
at the end of a sentence and they are not made plural.*

RULES, PRACTICES and USES GUIDE Pages 78-79.

# SYMBOLS

Symbols Identify **Prefix** and  
**Base** or **Derived Unit** of **Measure** **TOGETHER**

Useful VIDEO Link <http://metricamerica.com/symbols.htm>

<p><i>BASE and Derived UNIT SYMBOL</i></p> <p>meter <b>m</b> liter <b>L</b> kilogram <b>kg</b></p>	<p><i>PREFIX SYMBOL for EVERYDAY USE</i></p> <p><b>m</b> <i>milli</i> is 1 one thousandth (0.001) <b>c</b> <i>centi</i> is 1 one hundredth (0.01) <b>k</b> <i>kilo</i> is 1000 times as much</p>
--	--

## WRITING IS EASY

Simply place the **Prefix** in front of the  
**Base** or **Derived Unit** of **Measure**  
like **mm** (**millimeter**), **cm** (**centimeter**), **km** (**kilometer**)  
or **mg** (**milligram**), **kg** (**kilogram**) or **mL** (**milliliter**) for example.

The Size or Quantity is indicated by the  
**first letter** or **Prefix Symbol** and the **second letter** or **Symbol**  
identifies the **Prefix** and **Base** or **Derived Unit** of **Measure**.

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Useful VIDEO Link <http://metricamerica.com/symbols.htm>

Note: Where **symbols** are used convention has it that they **are always lower case letters** except where the Base Unit is named after a person like Celsius (°C), Pascal (P) or Newton (N) and 16 other scientists in the world. Then the symbol is noted by a CAPITAL LETTER.

***So, what's with a capital letter "L" for liter  
when the capital letter is supposed to be for a persons name?***

As technology came along it became apparent that typewriters did not have the script "l", so attempts were made to use the lower case "l" (el). Then it became further confusing to write "ll" (lower case "el") as the "1" and "l" (el) looked too similar, as did the capital "l" (eye).

**Thus, the capital "L" was chosen as the **Symbol**  
for the Derived Base Unit "liter".**  
**RULES, PRACTICES and USES GUIDE Pages 78-79.**

# EVERYDAY BASE UNITS

**meter** • **liter** • **kilogram**

*Both spellings, meter and metre,  
as well as liter and litre are acceptable.*

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Useful VIDEO Link <http://metricamerica.com/everyday%20units.htm>

BASE UNIT **meter** - **m** for **LENGTH**

Derived UNIT **liter** - **L** for **VOLUME**

BASE UNIT **kilogram** - **kg** for **MASS**

Symbols like **mL** or **mg** or **mm** or **kg** or **cm**

**TOGETHER**

identify **Prefix** and **Base** or **Derived Unit** of **Measure**.

<b>meter</b> - use the symbol - <b>m</b>	
1000 mm = 1 <b>m</b>	millimeter - <b>mm</b>
100 cm = 1 <b>m</b>	centimeter - <b>cm</b>
1000 m = 1 <b>km</b>	kilometer - <b>km</b>

<b>liter</b> - use the symbol - <b>L</b>	
1000 <b>mL</b> = 1 <b>L</b>	milliliter - <b>mL</b>

Useful VIDEO Link <http://metricamerica.com/everyday%20units.htm>

<b>kilogram</b> - use the symbol - <b>kg</b>	
1000 mg = 1 <b>g</b>	milligram - <b>mg</b>
1000 g = 1 <b>kg</b>	kilogram - <b>kg</b>
1000 kg = 1 <b>t</b>	tonne - <b>t</b>

**SEE PAGE 37**

**"7 Base Units" used in Science, Industry and Commerce.**  
**RULES, PRACTICES and USES GUIDE Pages 78-79.**

## The Base Unit for

# **LENGTH**

is

# **meter (m)**

also spelled **metre**

## Use the symbol **m**

Useful VIDEO Link <http://metricamerica.com/metre.htm>

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*Unit symbols are mathematical entities and not abbreviations. Among other things, they are not followed by a period except at the end of a sentence and they are not made plural.*

**RULES, PRACTICES and USES GUIDE Pages 78-79.**

**millimeter (mm)**

•

**centimeter (cm)**

•

**meter (m)**

•

**kilometer (km)**

**millimeter, centimeter, meter and kilometer**

*also spelled*

**millimetre, centimetre, metre and kilometre**

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The Base Unit for LENGTH is

**meter (m)**

also spelled **metre**

Useful VIDEO Link <http://metricamerica.com/metre.htm>

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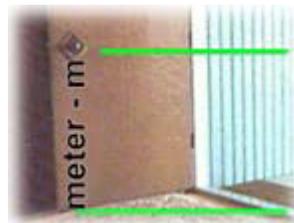
Use the symbol **m**

A **meter** is about as long as a baseball bat.



A **meter** can be the length of an average persons *long step.*

The height of the handle on a standard door is about **1 meter** from the floor.



If a dime is about **1 millimeter** thick...



then 1000 dimes placed side by side would be about **1 meter** long.



*To measure any length, a meter stick or tape measures accurately without complicated fractions.*

Useful VIDEO Link <http://metricamerica.com/metre.htm>



This diving board is 10 meters tall.  
An Olympic sized pool is 50 meters long.



Useful VIDEO Link <http://metricamerica.com/metre.htm>

Longer distances like the height of a mountain can be measured in meters.  
The length of a bridge can be measured in meters and so can the height of a waterfall.



Useful VIDEO Link <http://metricamerica.com/metre.htm>

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### Smaller Measurements from a meter

Remember, **centi** is the Prefix meaning 1 one hundredth of the Base Unit **meter**.  
**1 centimeter (1 cm)** So, 1 one hundredth from a **meter (0.01 m)** is simply written **1 cm**.

### Smaller Measurements from a centimeter

Remember, **milli** is the Prefix meaning 1 one thousandth (0.001).  
**1 millimeter (1 mm)** So, 1 one thousandth from the Base Unit **meter** being 1 **millimeter** is simply written **1 mm**.

### Larger Measurement from a meter

Remember, **kilo** is the Prefix meaning 1000 times as much.  
**1 kilometer (1 km)** So, one thousand meters (1000 m) being the length of 1 **kilometer** is simply written **1 km**.  
*Pronounced*  
"KILL-oh-meet-ur" **NOT** "kill-AH-mit-ur"

# centimeter (cm)

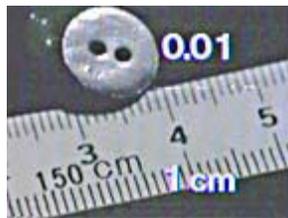
also spelled **centimetre**

1 one hundredth from a **meter** (0.01 m).  
There are exactly 100 **cm (centimeters)**  
in the Base Unit **meter**.

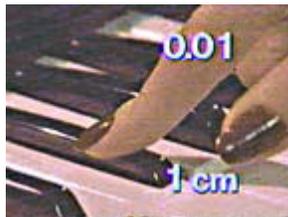
Use the **symbol cm**

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Useful VIDEO Link <http://metricamerica.com/centimetre.htm>



1 **cm** is about the width  
of an average blouse  
or shirt button.



1 **cm** is about the width  
of black keys on a  
standard piano.



1 **cm** is about  
the width  
of your little fingernail.

*Snowfall is measured in **centimeters (cm)***

.

*Rainfall is measured in **millimeters (mm)***

Useful VIDEO Link <http://metricamerica.com/centimetre.htm>

*The International System of Units called "SI"  
is the Metric Measurement used in America  
and around the World.*



Like a dollar has 100 cents, a **meter** in length also has 100 **cm**. (**100 centimeters**)



Useful VIDEO Link <http://metricamerica.com/centimetre.htm>

Centimeters are precise for measuring sewing patterns, your height, your waist and for altering clothes.



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Useful VIDEO Link <http://metricamerica.com/centimetre.htm>

### **Smaller Measurement from a centimeter**

**1 millimeter**  
(**1 mm**)

Remember, **milli** is the Prefix meaning 1 one thousandth (0.001). So, 1 one thousandth from the Base Unit **meter**, being 1 **millimeter** is simply written 1 **mm**.

### **Larger Measurement from a centimeter**

**1 meter**  
(**1 m**)

Remember, **meter** is the Base Unit for Length and all other Units are derived from it. There are exactly 100 **cm (centimeters)** in 1 **m (meter)** and there are exactly 1000 **mm (millimeters)** in 1 **m (meter)**.

### **Larger Measurement from a meter**

**1 kilometer**  
(**1 km**)

Remember, kilo is the Prefix meaning 1000 times as much. So, one thousand **meters** (1000 **m**) being the length of 1 **kilometer** is simply written 1 **km** which is pronounced "KILL-oh-meet-ur" **NOT** "kill-AH-mit-ur".

# millimeter (mm)

also spelled **millimetre**

1 one thousandth from a **meter** (0.001 m).

There are exactly 1 000 **mm** (**millimeters**)  
in the Length of Base Unit **meter**.

Use the symbol **mm**

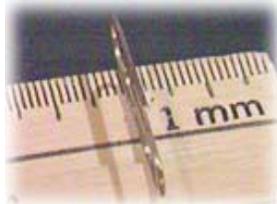
Useful VIDEO Link <http://metricamerica.com/millimetre.htm>



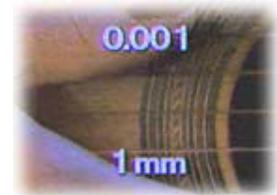
1 **millimeter**  
(1 **mm**)

Remember, **milli** is the Prefix meaning  
1 one thousandth (0.001).

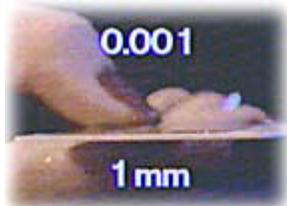
So, 1 one thousandth from the  
Base Unit **meter** being 1 **millimeter**  
is simply written 1 **mm**.



1 **mm** (1 **millimeter**)  
is about the thickness  
of an  
ordinary paper clip.



A guitar string can be  
about 1 **mm** thick.

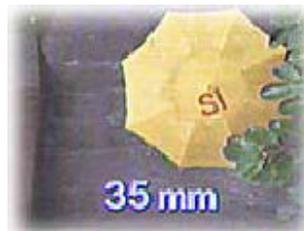


The thickness of a  
credit card is  
about 1 **mm**.

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3 **mm** of rain wouldn't keep you  
from a pleasant day of golf.



35 **mm** of rain is a  
torrential downpour.

Useful VIDEO Link <http://metricamerica.com/millimetre.htm>

**1 000 mm (millimeters) = 1 meter**



If a “*dime*” is about  
**1 mm (millimeter)** thick,  
then 1000 dimes placed  
side by side would be  
about **1 meter** long.

Useful VIDEO Link <http://metricamerica.com/millimetre.htm>

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### **Larger Measurement from a millimeter**

**1 centimeter**  
(**1 cm**)

Remember, **centi** is the Prefix meaning  
**1 one hundredth** of the Base Unit **meter**.  
So, 1 one hundredth from  
a **meter** (**0.01 m**)  
is simply written **1 cm**.

### **Larger Measurement from a centimeter**

**1 meter**  
(**1 m**)

Remember, **meter** is the  
Base Unit for Length and all other Units  
are derived from it.  
There are exactly **1000 millimeters**  
(**1000 mm**) in **1 meter** (**1 m**).

### **Larger Measurement from a meter**

**1 kilometer**  
(**1 km**)

Remember, kilo is the Prefix meaning  
1000 times as much.  
So, one thousand **meters** (**1000 m**)  
being the length of **1 kilometer**  
is simply written **1 km**  
and pronounced  
“KILL-oh-meet-ur”  
***NOT***  
“kill-AH-mit-ur”.

Useful VIDEO Link <http://metricamerica.com/millimetre.htm>

# kilometer (km)

also spelled **kilometre**

Use the symbol **km**

**kilo** is the Prefix meaning 1000 times as much.

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Useful VIDEO Link <http://metricamerica.com/kilometre.htm>

There are exactly 1000 **m (meters)**  
in 1 **km (1 kilometer)**.

pronounced

“KILL-oh-meet-ur” **NOT** “kill-AH-mit-ur”.

•

*Longer distances are measured in kilometers.*

•

Longer distances like lakes, rivers and roads  
are measured in **kilometers**.

•

*A trip across North America is the distance of  
approximately 7600 kilometers.*

Going to work or  
holiday, distance  
is measured in  
**kilometers**.



A jog around the park  
can be measured in  
**kilometers**.



1 **kilometer** is about  
the length of  
60 train cars.



Useful VIDEO Link <http://metricamerica.com/kilometre.htm>

**ROAD TRIP TIP TO CONVERT SPEED:**

When you see a road sign that is shown as 90 km/h  
*("90" kilometers per hour)*  
and you want a quick conversion to mph  
*(miles per hour)*  
while you're driving, simply multiply 6 times "9"  
in your head and you are traveling  
approximately *54 miles per hour*.

*1 kilometer per hour (km/h) is equal to 0.6214 miles per hour.*

©db2011

Useful VIDEO Link <http://metricamerica.com/kilometre.htm>



A car traveling at 90 km/h  
is moving at  
90 kilometers per hour.

**THAT'S EASY!**

Useful VIDEO Link <http://metricamerica.com/kilometre.htm>

**Smaller from a kilometer**

1 meter  
(1 m)

Remember, **kilo** is the Prefix meaning 1000 times as much.  
So, one thousand **meters** (1 000 m)  
being the length of 1 **kilometer**  
is simply written 1 **km**.

**Smaller Measurement from meter**

1 centimeter  
(1 cm)

Remember, **centi** is the Prefix meaning 1 one hundredth of the Base Unit **meter**.  
So, 1 one hundredth from a **meter** (0.01 m)  
is simply written 1 **cm**.

**Smaller Measurement from a centimeter**

1 millimeter  
(1 mm)

Remember, **milli** is the Prefix meaning 1 one thousandth (0.001).  
So, 1 one thousandth from the  
Base Unit **meter**  
being 1 **millimeter** is simply written 1 **mm**.

The Derived Unit for  
**VOLUME**  
(LIQUID)

See Page 3 for description of “Volume/Capacity and Liquid”.

is

**liter**

Use the symbol **L**

(See Page 13 for Symbol **L** Explained)

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Useful VIDEO Link <http://metricamerica.com/litre.htm>

**milliliter (mL)**

•

**liter (L)**

**milliliter and liter**

*also spelled*

**millilitre and litre**



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Useful VIDEO Link <http://metricamerica.com/litre.htm>

*Unit symbols are mathematical entities and not abbreviations. Among other things, they are not followed by a period except at the end of a sentence and they are not made plural.*

**RULES, PRACTICES and USES GUIDE Pages 78-79.**

# liter

is the Derived Unit for VOLUME

Use the symbol **L**

Useful VIDEO Link <http://metricamerica.com/litre.htm>

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Measure Volume of gasoline or most any refreshing beverage.



Volume is the amount of space in a contained substance like water in a swimming pool being measured in **liters**.

Which has more...  
750 **mL (milliliters)** or  
1 **L (liter)**?



**Right!**

There are exactly  
1000 **mL** in 1 **L**  
(1 **liter**).

## TO CALCULATE FUEL CONSUMPTION

Make a note of how many **liters** it takes to fill up each time... note distance traveled... and find how many **liters** it takes to travel **100 kilometers (km)**.

**Liters per 100 kilometers is written L/100 km.**

**Economy on the road means LESS FUEL is BETTER!**

8.8 L/100 km is about average for a compact vehicle  
while the average larger vehicle might be 12.2 L/100 km.

Useful VIDEO Link <http://metricamerica.com/litre.htm>

The capital “**L**” was chosen as the **Symbol** for **liter** – see page 13.

# milliliter (mL)

*also spelled* millilitre

Use the symbol **mL**

1 one thousandths from a **liter** (0.001 L).

There are exactly 1000 **mL** (milliliters)  
in the Derived Unit of Measure **liter**.

Useful VIDEO Link <http://metricamerica.com/millilitre.htm>

We trust the accuracy in science and medicine  
because  
there are exactly 1000 **mL** (milliliters) in 1 L (liter).



**milliliter**

**1 milliliter**  
(**1 mL**)  
1 **milliliter** is simply  
written 1 **mL**

Remember, **milli** is the  
prefix meaning  
1 one thousandth (0.001 L)  
from the Derived Unit **liter**.

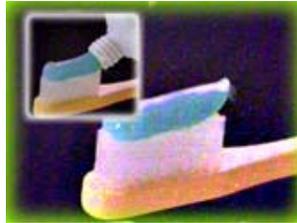


**milliliters**  
are useful  
in the garden...

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Useful VIDEO Link <http://metricamerica.com/millilitre.htm>

We use **milliliters** for measuring medicine...



and when we brush our teeth the amount of toothpaste in a tube is in **milliliters**.

In comparison  
**5 mL (milliliters)**  
is  
a Teaspoon.

©db2011



**15 mL (milliliters)**  
is  
a Tablespoon.



And a Cup is **250 mL (milliliters)**  
*to make a little person smile.*



Useful VIDEO Link <http://metricamerica.com/millilitre.htm>

**Larger Measurement from a milliliter**

**1 liter (L)**

There are exactly 1000 **mL (milliliters)** in 1 **liter (L)**.

Useful VIDEO Link <http://metricamerica.com/millilitre.htm>

## The Base Unit for

# MASS

*(weight)*

See Page 3 for description of "Mass and Weight"

is

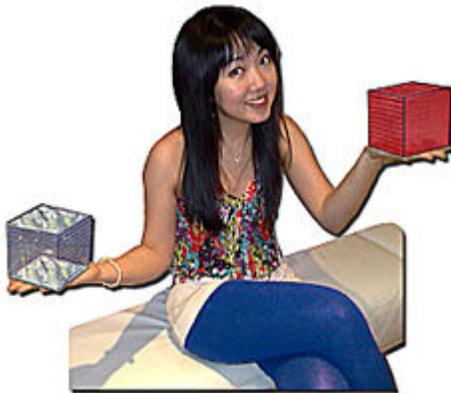
## kilogram (kg)

Use the symbol kg

*So, Why Weight?*

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Useful VIDEO Link <http://metricamerica.com/kilogram.htm>



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milligram (mg)

•

gram (g)

•

kilogram (kg)

•

tonne (t)

*Unit symbols are mathematical entities and not abbreviations. Among other things, they are not followed by a period except at the end of a sentence and they are not made plural.*

**RULES, PRACTICES and USES GUIDE Pages 78-79.**

The Base Unit for *MASS* is

# kilogram (kg)

Use the symbol **kg**

Remember, **kilo** is the prefix for 1000 times as much.  
So, one thousand grams (1000 g)  
is simply written 1 **kg** (1 kilogram).

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Useful VIDEO Link <http://metricamerica.com/kilogram.htm>



This package of ground meat is about 1 **kg** (1 kilogram).

A new born baby can be about the mass of 3 **kg**.  
And a six week old puppy can be as heavy as 1 **kg**.



A 5 **kg** roast can easily serve over 10 or 12 people.

This 22 **kilogram** salmon is about 1 **meter** long.



Useful VIDEO Link <http://metricamerica.com/kilogram.htm>



A 10 **kg** turkey should easily serve about 20 happy appetites.

A 40 **kg** bag of concrete mix requires a strong back to carry.



Useful VIDEO Link <http://metricamerica.com/kilogram.htm>

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### **Smaller Measurements from a kilogram**

**1 gram**  
(1 **g**)

Remember, **kilo** is the Prefix meaning 1000 times as much. So, 1000 **g** (grams) is the mass of 1 **kg** (kilogram).  
Pronounced "KILL-oh-gram"  
**NOT** "kill-AH-gram".

### **Smaller Measurements from a gram**

**1 milligram**  
(1 **mg**)

Remember, **milli** is the Prefix meaning 1 one thousandth (0.001). So, 1 one thousandth from the Unit of Measure **gram** being 1 **milligram** is simply written 1 **mg**.

### **Larger Measurement from a kilogram**

**1 tonne**  
(1 **t**)

There are exactly 1000 **kg** (1000 kilograms) in 1 **t** (spelled **tonne**).  
Pronounce it however you wish.

Useful VIDEO Link <http://metricamerica.com/kilogram.htm>

# gram (g)

Use the Symbol **g**

A Unit of Measure that is 1 one thousandths from the Base Unit **kilogram** (0.001 **kg**) because there are exactly 1000 **g** (**grams**) in 1 **kg** (**kilogram**).

*(Singular or plural the Symbol is **g**)*

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Useful VIDEO Link <http://metricamerica.com/gram.htm>

The mass of 1 **g** (**gram**) *is a unit of mass that you can hardly feel on the end of your finger.*

A **gram** can feel about as heavy as a raisin, paper clip or a dime.



A table-tennis (*ping-pong*) ball is the mass of about 5 **g**.



A golf ball is about 50 **g** and so is a medium sized egg.



*What's More?*  
2 scoops of ice cream is the mass of about 100 **grams**.

Useful VIDEO Link <http://metricamerica.com/gram.htm>



A handful of nuts is the mass of about 100 grams.

(Singular or plural the Symbol is g)

A medium sized apple or tomato is about 100 grams.



Useful VIDEO Link <http://metricamerica.com/gram.htm>

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### Smaller Measurement from a gram

1 milligram  
(1 mg)

Remember, **milli** is the Prefix meaning 1 one thousandth (0.001). So, 1 one thousandth from the Unit of Measure **gram** being 1 milligram is simply written 1 mg.

### Larger Measurement from a gram

1 kilogram  
(1 kg)

Remember, **kilo** is the Prefix meaning 1000 times as much. So, 1 000 g (grams) is the mass of 1 kg (kilogram).

### Larger Measurement from a kilogram

1 tonne  
(1 t)

There are exactly 1000 kg (1000 kilograms) in 1 t (spelled *tonne*).  
*Pronounce it however you wish.*

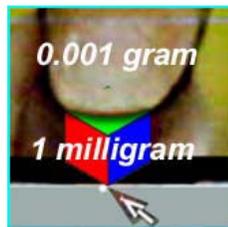
Useful VIDEO Link <http://metricamerica.com/gram.htm>

# milligram (mg)

Use the symbol **mg**  
1 one thousandths from a **gram** (0.001 g)

Useful VIDEO Link <http://metricamerica.com/milligram.htm>

*We trust the accuracy in science and medicine because there are exactly 1000 milligrams in 1 gram.*



**milligram**

**NOTE:** Originally, convention had it that the **gram** was to be the Base Unit for MASS but familiarity and convenience seemed to determine that the **kilogram** be the Base Unit for MASS.

©©db2011

Useful VIDEO Link <http://metricamerica.com/milligram.htm>

## Larger Measurement from a milligram

**1 gram**  
(1 g)

Remember, **milli** is the Prefix meaning 1 one thousandth (0.001).  
So, there are exactly 1 000 **milligrams** in the Unit of Measure **gram** and 1 **gram** is simply written 1 g.

## Larger Measurement from a gram

**1 kilogram**  
(1 kg)

Remember, **kilo** is the Prefix meaning 1000 times as much.  
So, 1 000 g (grams) is the mass of 1 kg (kilogram).

## Larger Measurement from a kilogram

**1 tonne**  
(1 t)

There are exactly 1000 kg (kilograms) in 1 t (spelled tonne).

# tonne (t)

(spelled **tonne**)

Use the Symbol **t**

There are exactly 1000 **kg (kilograms)**  
in 1 metric **tonne (t)**.

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Useful VIDEO Link <http://metricamerica.com/tonne.htm>



Whales can be the  
mass of 1 **t**.

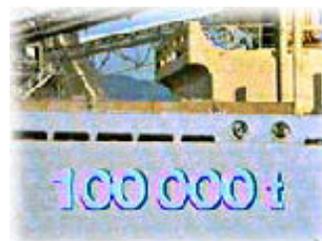
(spelled 1 **tonne**)



Each railcar can carry  
about 42 **t**.

(spelled 42 **tonnes**)

A large ship can occupy the  
mass of 100 000 **t**  
when filled to capacity.



Useful VIDEO Link <http://metricamerica.com/tonne.htm>

Useful VIDEO Link <http://metricamerica.com/tonne.htm>

### Smaller Measurement from a tonne

1 kilogram  
(1 kg)

1 thousand grams (1000 g)  
is the mass of 1 kg  
(1 kilogram).  
And 1 kilogram  
is simply written 1 kg.

Pronounced "KILL-oh-gram"  
**NOT** "kill-AH-gram".

### Smaller Measurement from a kilogram

1 gram  
(1 g)

Remember, **kilo** is the Prefix  
meaning  
1000 times as much,  
which only says that there  
are 1000 g (grams) in  
1 kg (kilogram).  
And we simply write 1 g  
to represent  
the mass of 1 gram.

### Smaller Measurement from a gram

1 milligram  
(1 mg)

Remember, **milli** is the  
Prefix meaning  
1 one thousandth (0.001).  
So, 1 one thousandth from the  
Unit of Measurement gram  
being 1 milligram,  
is simply written 1 mg.

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Useful VIDEO Link <http://metricamerica.com/tonne.htm>

# TEMPERATURE

**Say Good-Night  
to Fahrenheit!**



Useful VIDEO Link <http://metricamerica.com/temperature.htm>

## Sing Along!

*"Make a cube, one tenth the Unit meter..  
It's the Volume of exactly one liter..  
It's the Mass of exactly one kilogram  
to please us*

*Water Boils at 100 and at Zero it Freezes!"*

*Copyright©1981 B.DYCK*

Useful VIDEO Link

<http://metricamerica.com/images/instant%20metric%20funny%20man.wmv>

<p><b>Body Temperature 37 °C</b></p>	A woman with long dark hair, wearing a colorful patterned top and red pants, holding a large thermometer. The thermometer has a scale from -10 to 40. The number 37 is visible on the scale.	A woman in a dark coat standing in a snowy environment. A thermometer is visible in the background, showing 0 °C. Text overlay says '0 °C (water freezes)'. The number 0 is visible on the scale.
<p><b>Water Boils at 100 °C</b> ©db2011</p>		<p><b>Water Freezes at 0 °C</b></p>

**(Room Temperature is 20 °C)**

*Here is a Quick Temperature Conversion in Reverse.*

**16 °Celsius is about 61 °Fahrenheit  
and 28 °Celsius is about 82 °Fahrenheit**

# 7 BASE "SI" UNITS<sub>e.&o.e.</sub>

Established by international agreement  
The International System of Units (SI) is a modernized version of the metric system that provides a logical and interconnected framework for all decimal measurements in everyday use science, chemistry, industry and commerce.

***The internet, an American invention  
does not exist without it.***

**Useful Link** <http://metricamerica.com/7%20base%20units.htm>

This Metric System is built on a foundation of  
Seven Base Units  
and all other Units are Derived from them.  
According to the US Department of Commerce,  
National Bureau of Standards  
use of metric measurement was legalized  
in the United States in 1856  
and customary BASE UNITS of measurement  
for everyday use are defined in terms of the  
**meter** for length and **kilogram** for mass.

**All other Units are Derived  
from the Base Unit meter.**

**Useful Link** <http://metricamerica.com/7%20base%20units.htm>

©©db2011

•  
**meter** • **second** • **kilogram** Kelvin  
ampere • candela • mole  
•

# 7 BASE "SI" UNITS

Useful Link <http://metricamerica.com/7%20base%20units.htm>

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**BASE UNIT - meter (m) - LENGTH.**

Up until 1983 the meter was defined as 1,650,763.73 wavelengths in a vacuum of the orange-red line of the spectrum of krypton-86.

Since then it is determined to be the distance traveled by light in a vacuum in 1/299,792,45 of a second.

**BASE UNIT - second (s) - TIME**

The second is defined as the duration of 9,192,631,770 cycles of the radiation associated with a specified transition of the cesium-133 atom.

**BASE UNIT - kilogram (kg) - MASS**

The standard for the kilogram is a cylinder of platinum-iridium alloy kept by the International Bureau of Weights and Measures in Paris.

A duplicate at the National Bureau of Standards serves as the mass standard for the United States.

The kilogram is the only base unit defined by a physical object.

**BASE UNIT - Kelvin (K) and °Celsius (°C) - TEMPERATURE**

The Kelvin is defined as the fraction 1/273.16 of the thermodynamic temperature of the triple point of water; that is, the point at which water forms an interface of solid, liquid and vapor. This is defined as 0.01 °C on the Celsius scale and 32.02 °F on the Fahrenheit scale.

The temperature zero K (Kelvin) is called "absolute zero".

**BASE UNIT - ampere (A) - ELECTRIC CURRENT**

The ampere is defined as that current that, if maintained in each of two long parallel wires separated by one meter in free space, would produce a force between the two wires (due to their magnetic fields) of  $2 \times 10^{-7}$  N (Newton) for each meter of length.

(The Newton is the unit of force that when applied to one kilogram mass would experience an acceleration of one meter per second, per second).

**BASE UNIT - candela (cd) - LUMINOUS INTENSITY**

The candela is defined as the luminous intensity of 1/600,000 of a square meter of a cavity at the temperature of freezing platinum (2,042 K).

**BASE UNIT - mole - (mol) AMOUNT OF SUBSTANCE**

The mole is the amount of substance of a system that contains as many elementary entities as there are atoms in 0.012 kilogram of carbon-12.

Useful Link <http://metricamerica.com/7%20base%20units.htm>

# How The Metric System Works!

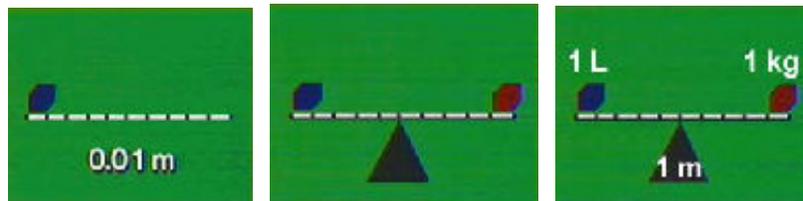
Useful VIDEO Link <http://metricamerica.com/themetricsystem.htm>

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## DID YOU KNOW

that you can divide the LENGTH of 1 meter  
by exactly 10 equal parts?

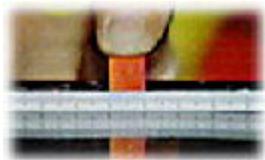
Now, make a cube (10 cm x 10 cm x 10 cm)  
to fill with (1000 cm<sup>3</sup>) of water and  
it contains the VOLUME of exactly 1 L (1 liter)  
which, is the MASS of exactly 1 kg (1 kilogram).  
(Technically, it is supposed to be distilled water at sea level.)



FROM PAGE 2

## Here is the Fun Part!

1 cm<sup>3</sup>  
(1 cubic centimeter)



filled with water  
contains exactly  
1 mL (1 milliliter)



and is the mass  
of exactly 1 g  
(1 gram)



**ALL SIMPLY RELATED IN 10.**

**EVERYDAY METRIC MEASUREMENT  
RULES, PRACTICES and PRONUNCIATION GUIDE**

**SEE PAGES 78 to 79**

Useful Link with Videos <http://metricamerica.com/themetricsystem.htm>

