

**Measurement: Metric and Customary  
Common Benchmarks**

Name \_\_\_\_\_

Date \_\_\_\_\_

For each unit of measure in the table below, give another real world example.

Type of measure	Unit and symbol	<i>METRIC</i> Relation to Common Objects or Events	Another Real World examples:
<b>Distance</b> Length;  Move across it	Centimeter cm (0.01 meters)	1. A paper clip is about 1 centimeter wide and 3 centimeters long 2. An unsharpened pencil is about 20 centimeters long	
	Meter m 100 centimeters	1. A full-size automobile is about two meters wide. 2. Most classroom doors are about one meter wide.	
	kilometer km  (1,000 meters)	1. 100 telephone poles end to end would extend about a kilometer. 2. A kilometer is a little more than half a mile.	
<b>Weight</b>  Pick it up	Gram gm	1. Two small paper clips weighs about a gram 2. A nickel or a marble weighs about 5 grams	
	Kilogram kg (1,000 grams)	1. The average weight of a newborn baby is 3 – 4 kilograms 2. A pair of men's shoes weighs about one kilogram.	
<b>Volume/ Capacity</b>  Fill it up	Liter L	1. Four average glasses hold about 1 liter of liquid. 2. The gas tank of a full-size automobile holds about 90 liters.	
<b>Temp</b>  Warm it up	Degrees Celsius C	1. Water freezes at 0 ° 2. A comfortable room is about 21°	

<b>Type of Measure</b>	<b>Unit and symbol</b>	<b>Customary Relation to Common Objects or Events</b>	<b>Another Real World Examples</b>
<b>Distance</b> Length; Move across it	Inch in or "	1. A quarter is about an inch across the middle (diameter). 2. A graphing calculator is about 7".	
	Foot ft or ' (12 in)	1. A ruler is one foot long 2. A Math book is about a foot from top to bottom.	
	Yard yd  (3 ft)	1. From nose to tip of fingers on the outstretched arm of an average man is about a yd. 2. The marked yard lines on a football field are 10 yards apart	
	Mile mi (5,280 ft.)	1. If walking briskly, an adult can walk a mile in 20 minutes. 2. A mile is about a hundred football fields from goal post to goal post.	
<b>Weight</b> Pick it up	Ounce oz	1. An average sized Snicker candy bar weighs about 5 ounces. 2. A 50 cent piece weighs about half an oz.	
	Pound lb  (16 oz)	1. Two large apples weigh about a pound. 2. An average newborn baby weighs between 7 and 8 pounds.	
	Ton T	1. 10 average men weigh about a Ton. 2. A small car weighs about a Ton.	
<b>Volume/ Capacity</b> Fill it up	Ounce oz	1. A soda can holds 12 oz. 2. Your mouth can hold about 2 ounces.	
	Quart qt. (32 oz)	1. A large drink at a convenience store holds about a quart. 2. An average pitcher holds 2 quarts.	
	Gallon gal (4 quarts)	1. A gallon of chocolate milk serves about 12 people. 2. An average home fish tank holds about 20 gallons of water.	
<b>Temp</b> Warm it up	Degrees Fahrenheit F	1. Water freezes at 32°. 2. A comfortable room is about 72°.	