Converting metric units

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| KiloKg | hecto | deka | gram (g)liter (L) | deci | centi | millimg mL |  |  | micromcg mcL |
|  Onethousand |  |  | Base unit (1) |  |  | One thousandth |  |  | One millionth |

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|  |  |  |  |
| --- | --- | --- | --- |
| kg (kilogram) | g (gram)L (liter) | mg (milligram)mL (milliliter) | mcg (microgram) |
| 0.001kg | 1.0g | 1000mg | 1000000mcg |

In the table when you move to the right you also move the decimal to the right and vice versa when you move to the left also move the decimal to the left. The arrows represent 3 decimal places

0.001kg, 1g, 1000mg & 1000000mcg are all exactly the same size!

0.001kg = 1g = 1000mcg = 1000000mcg 1L = 1000mL = 1000000mcL

Common household to metric conversions

1 teaspoon = 5mL 1 tablespoon = 15ml 1 fluid oz = 30ml

1 cup = 240mL 1 kilogram = 2.2 pounds Practice exercises

Try the following conversions

1. 9.6mg = \_\_\_\_\_\_\_\_\_\_mcg
2. 40mg = \_\_\_\_\_\_\_\_\_\_g
3. 24 mL = \_\_\_\_\_\_\_\_\_\_L
4. 0.06 g = \_\_\_\_\_\_\_\_\_\_mg
5. 250,000mcg = \_\_\_\_\_\_\_\_\_\_\_mg
6. 6.25L = \_\_\_\_\_\_\_\_\_\_mL
7. 0.35kg = \_\_\_\_\_\_\_\_\_\_g
8. 400mg = \_\_\_\_\_\_\_\_\_\_kg
9. 0.07g = \_\_\_\_\_\_\_\_\_\_mg
10. 2.5kg = \_\_\_\_\_\_\_\_\_\_g
11. 0.003mg = \_\_\_\_\_\_\_\_\_mcg
12. 3500mL = \_\_\_\_\_\_\_\_\_L