



# Metric measurements

## Units of length

We measure length and height in **centimetres (cm)**.



Longer distances are measured in **metres (m)**.

## Units of weight

We weigh food in **grams (g)** and **kilograms (kg)**.



We measure our own weight in **kilograms (kg)**.

## Units of capacity

Small amounts of liquid are measured in **millilitres (ml)**.



Larger amounts are measured in **litres (l)**.