



Imperial capacities




Consider these questions:

- Do you look for recipes in which the ingredients are listed in ounces?
- Do you ask for half a pound of cheese?
- Do you measure your weight in stones and pounds?

If you answered 'yes' to any of these questions then you're using **imperial units of measurement**. Ounces (oz), pounds (lb) and stones (st) are all imperial units of weight.

Many people prefer using imperial units of weight and they're still widely used. But in the UK it's a legal requirement that items are displayed and sold using **metric units**, such as the gram (g) and kilogram (kg). It's therefore important to develop your understanding of the metric system too.

The following table shows common imperial measures of weight, the metric measure and examples of items that weigh an ounce, pound or stone.

Imperial measure	Example		Metric measure
Ounce (oz)		A bag of crisps weighs about an ounce.	About 30 grams (30 g)
Pound (lb)		A tin of tomatoes weighs about a pound.	About $\frac{1}{2}$ a kilogram (0.5 kg)
Stone (st)		A small vacuum cleaner weighs about a stone.	About $6\frac{1}{2}$ kilograms (6.5 kg)

1 kilogram is just over 2 pounds (2.2 lb).