

Choosing grams or kilograms

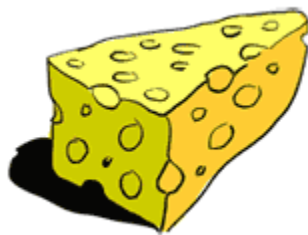
When you're weighing items using metric measurements it's important to choose the right unit of measurement. The units of measurement for weight are grams (g) or kilograms (kg), but how do you choose which to use?

As a general rule, you weigh light items in grams and heavier items in kilograms.

You weigh things in grams either because they're light or because you're measuring small amounts of them. For example:



a letter



a piece of cheese



some mushrooms

However, you measure the following things in kilograms because they're much heavier.



a large parcel



cement



luggage

One way to help you decide whether to use grams or kilograms is to try and judge whether the item you need to weigh is likely to be heavier or lighter than a bag of sugar (1 kilogram in weight).

If you think the item will weigh less, then it's probably best to use grams. If you think it will weigh more, then kilograms would probably be more suitable.

You can write weights in different ways, using fractions or decimals. For example:

- $500\text{ g} = \frac{1}{2}\text{ kg}$ or 0.5 kg
- $1,500\text{ g} = 1\frac{1}{2}\text{ kg}$ or 1.5 kg