



Standard metric units of measure

Sometimes it's important to weigh things accurately using standard units of measure. This means that unlike measurements such as a 'cupful' or a 'handful', the measures will always be the same.

Standard units of measurement are always the same.

For example, it's important to use standard units when:

- buying food sold by weight
- weighing a parcel to find out the cost of postage
- working out the cost of excess baggage at the airport!

We usually weigh things using metric measurements. The most common metric units of weight are the gram and the kilogram.

Gram	
	<ul style="list-style-type: none">• a gram is a very light weight. A small tablet weighs about a gram• there are 1,000 grams in a kilogram• gram can be shortened to g
Kilogram	
	<ul style="list-style-type: none">• a bag of sugar weighs a kilogram• kilogram can be shortened to kilo or kg• a kilogram is the same as 1,000 grams

Tip

To help you remember how heavy a gram or kilogram is, find items around your kitchen and weigh them. What can you find that weighs a kilogram? What can you find that only weighs a few grams? This will help when you have to estimate the weight of things.