



Weight: summary sheet

Here are some key points to remember about weight.

Units of measure



A **non-standard unit** of measure means an amount such as a cupful or handful. A non-standard unit is not a fixed amount.

The **standard units** of measurement for weight are the gram and kilogram. These are standard units of measure because they always weigh the same amount.

Metric units for weight are gram and kilograms.

Imperial units for weight are ounces (oz), pound (lb) and stone (st).

By law, most things in this country must be measured and sold using metric, not imperial, measures of weight.

| Grams | Kilograms |
|---|---|
| g | kg or kilo |
| used to measure light things | used to measure heavy things |
| 1 g = weight of a tablet  | 1 kg = weight of bag of sugar  |
| 1,000 grams = 1 kilogram | |
| 1,000 g = 1 kg | |

Using measuring equipment

You can get electronic (digital) and mechanical scales.

To read mechanical scales look at the divisions on the scale and the labelling on the divisions.

On digital scales look to see whether the reading is in g (grams) or kg (kilograms).

Make sure the pointer, or digital reading, is at **zero** before you start weighing things out. If it isn't, you'll weigh out too much or too little.