

Metric Benchmarks

Length: (meters)

You can use the following benchmarks to estimate length.

1 millimeter
thickness of
a dime



1 centimeter
width of a large
paper clip



1 meter
height of the
back of a chair



1 kilometer combined length of 9 football fields

Mass/Weight: (grams)

You can use the following benchmarks to estimate mass.

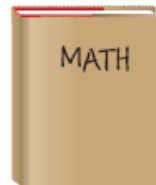
1 milligram
grain of sugar



1 gram
small paper clip



1 kilogram
textbook



Volume/Capacity: (Liters)

You can use the following benchmarks to estimate capacity.

1 milliliter
eyedropper



1 liter
large water
bottle



1 kiloliter
8 large trash cans

