



## Metric units of length, weight and capacity

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### Grade 4 Measurement Worksheet

Convert to the units shown:

1. 2.4 km = \_\_\_\_\_ cm
2. 0.96 kg = \_\_\_\_\_ g
3. 0.24 kg = \_\_\_\_\_ g
4. 96 L = \_\_\_\_\_ mL
5. 12 kg = \_\_\_\_\_ g
6. 0.97 kg = \_\_\_\_\_ g
7. 4.5 kg = \_\_\_\_\_ g
8. 0.28 L = \_\_\_\_\_ mL
9. 0.49 kg = \_\_\_\_\_ g
10. 0.48 L = \_\_\_\_\_ mL
11. 2.1 m = \_\_\_\_\_ mm
12. 8.0 kg = \_\_\_\_\_ g

Convert to the units shown:

13. 200.0 mL = \_\_\_\_\_ L
14. 90.00 cm = \_\_\_\_\_ km
15. 2,000 m = \_\_\_\_\_ km
16. 90.00 g = \_\_\_\_\_ kg
17. 600.0 cm = \_\_\_\_\_ m
18. 300.0 cm = \_\_\_\_\_ km
19. 80.00 mm = \_\_\_\_\_ cm
20. 30.00 g = \_\_\_\_\_ kg
21. 40.00 mL = \_\_\_\_\_ L
22. 4,000 mL = \_\_\_\_\_ L
23. 70.00 mL = \_\_\_\_\_ L
24. 6,000 m = \_\_\_\_\_ km



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Convert to the units shown:

1.  $2.4 \text{ km} = \underline{240,000} \text{ cm}$
2.  $0.96 \text{ kg} = \underline{960} \text{ g}$
3.  $0.24 \text{ kg} = \underline{240} \text{ g}$
4.  $96 \text{ L} = \underline{96,000} \text{ mL}$
5.  $12 \text{ kg} = \underline{12,000} \text{ g}$
6.  $0.97 \text{ kg} = \underline{970} \text{ g}$
7.  $4.5 \text{ kg} = \underline{4,500} \text{ g}$
8.  $0.28 \text{ L} = \underline{280} \text{ mL}$
9.  $0.49 \text{ kg} = \underline{490} \text{ g}$
10.  $0.48 \text{ L} = \underline{480} \text{ mL}$
11.  $2.1 \text{ m} = \underline{2,100} \text{ mm}$
12.  $8.0 \text{ kg} = \underline{8,000} \text{ g}$

Convert to the units shown:

13.  $200.0 \text{ mL} = \underline{0.2} \text{ L}$
14.  $90.00 \text{ cm} = \underline{0.0009} \text{ km}$
15.  $2,000 \text{ m} = \underline{2} \text{ km}$
16.  $90.00 \text{ g} = \underline{0.09} \text{ kg}$
17.  $600.0 \text{ cm} = \underline{6} \text{ m}$
18.  $300.0 \text{ cm} = \underline{0.003} \text{ km}$
19.  $80.00 \text{ mm} = \underline{8} \text{ cm}$
20.  $30.00 \text{ g} = \underline{0.03} \text{ kg}$
21.  $40.00 \text{ mL} = \underline{0.04} \text{ L}$
22.  $4,000 \text{ mL} = \underline{4} \text{ L}$
23.  $70.00 \text{ mL} = \underline{0.07} \text{ L}$
24.  $6,000 \text{ m} = \underline{6} \text{ km}$