



Metric units of length, weight and capacity

Grade 4 Measurement Worksheet

Convert to the units shown:

1. 7.9 m = _____ cm
2. 7.3 L = _____ mL
3. 8.8 L = _____ mL
4. 0.37 L = _____ mL
5. 2.2 km = _____ m
6. 62 cm = _____ mm
7. 56 L = _____ mL
8. 1.0 kg = _____ g
9. 0.68 kg = _____ g
10. 0.44 L = _____ mL
11. 1.8 L = _____ mL
12. 3.2 m = _____ mm

Convert to the units shown:

13. 800.0 mL = _____ L
14. 600.0 cm = _____ m
15. 30.00 mL = _____ L
16. 6,000 mL = _____ L
17. 80.00 g = _____ kg
18. 4,000 mL = _____ L
19. 70.00 g = _____ kg
20. 300.0 g = _____ kg
21. 7,000 g = _____ kg
22. 10.00 g = _____ kg
23. 8,000 m = _____ km
24. 90.00 g = _____ kg



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Convert to the units shown:

1. 7.9 m = 790 cm
2. 7.3 L = 7,300 mL
3. 8.8 L = 8,800 mL
4. 0.37 L = 370 mL
5. 2.2 km = 2,200 m
6. 62 cm = 620 mm
7. 56 L = 56,000 mL
8. 1.0 kg = 1,000 g
9. 0.68 kg = 680 g
10. 0.44 L = 440 mL
11. 1.8 L = 1,800 mL
12. 3.2 m = 3,200 mm

Convert to the units shown:

13. 800.0 mL = 0.8 L
14. 600.0 cm = 6 m
15. 30.00 mL = 0.03 L
16. 6,000 mL = 6 L
17. 80.00 g = 0.08 kg
18. 4,000 mL = 4 L
19. 70.00 g = 0.07 kg
20. 300.0 g = 0.3 kg
21. 7,000 g = 7 kg
22. 10.00 g = 0.01 kg
23. 8,000 m = 8 km
24. 90.00 g = 0.09 kg