



Below is a table of the more common powers of ten and prefixes used in the metric system:

Metric System Prefixes						
	Prefix	Abbrev.	Know?	Power of ten	Decimal	Examples
Smaller than Base	nano-	n	yes	$10^{-9}$ (one-billionth)	0.000000001	nanometer (nm)
	micro-	$\mu$		$10^{-6}$ (one-millionth)	0.000001	microsecond ( $\mu$ s)
	milli-	m	yes	$10^{-3}$ (one-thousandth)	0.001	millimeter (mm) milliliter (mL)
	centi-	c	yes	$10^{-2}$ (one hundredth)	0.01	centimeter (cm)
	deci-	d		$10^{-1}$	0.1	deciliter (dL) decibel (dB)
base unit						
Larger than Base	Deca-	dK		$10^1$	10	not widely used
	kilo-	k	yes	$10^3$	1,000	kilogram (kg) kilometer (km)
	Mega-	M		$10^6$	1,000,000	Megawatts (MW) Megabyte (MB)
	Giga-	G		$10^9$	1,000,000,000	Gigawatts (GW)

Knowing the prefixes and the powers of ten associated with them allows you to quickly convert between units. You should become familiar with all of these prefixes, and *you MUST know the four (nano-, milli-, centi-, kilo-) noted in the table.*

To use the prefixes:

- For units larger than the base, use the formula: 1 prefix-unit = power-of-ten base units

**Examples**

1 kilometer =  $10^3$  meters = 1000 meters (1 km = 1000 m)  
1 Megabyte =  $10^6$  bytes = 1,000,000 bytes (1 MB = 1,000,000 B)

- For units smaller than the base, use the formula: 1 base unit = inverse power-of-ten prefix-unit

**Examples**

1 liter =  $10^3$  milliliters = 1000 milliliters (1 L = 1000 mL)  
1 gram =  $10^2$  centigrams = 100 centigrams (1 g = 100 cg)

**Practice** (*answers are at the end of the worksheet*)

- Convert 2.1 grams to milligrams
- Convert 30.4 microliters to liters
- What is the symbol for the unit millimeter?
- How many grams are in one kilogram?
- How many nanometers are in one meter?

**IV ESTIMATING AND USING METRIC UNITS**

If I tell you I am 6 feet, 2 inches tall and weigh 220 pounds, you know approximately how large I am simply because you are familiar with these units. However, if I tell you I am 1.9 meters tall and weigh 100 kilograms, you are unsure how large I am only because you are not familiar with the units (incidentally, 1.9 m and 100 kg is the same as 6 feet 2 inches and 220 pounds). The best way to become familiar with the metric system is to use it, and the best way to begin is to understand the approximate sizes of the various units. To help you get started, below are some conversions between common American system and Metric system units.

## COMMON METRIC UNITS AND AMERICAN EQUIVALENTS

### Length

American Unit	Metric Unit	Conversion
Fractions of an inch	millimeter (mm)	1 inch = 25.4 mm
Inch	centimeter (cm)	1 inch = 2.54 cm
Foot / Yard	meter (m)	3 ft = 1 y = 0.914 m (1.1 yd = 1 m)
Mile	kilometer (km)	1 mile = 1.61 km

### Mass

American Unit	Metric Unit	Conversion
Fractions of an ounce	milligram (mg)	1 oz = 28,350 mg
ounce	gram (g)	1 oz = 28.35 g
pound	kilogram (kg)	1 lb = 0.454 kg (2.2 lb = 1 kg)

### Volume

American Unit	Metric Unit	Conversion
fluid ounce	milliliter (mL)	1 fl oz = 29.6 mL
pint	milliliter (mL)	1 pint = 473 mL
quart	liter (L)	1 quart = 0.94625 L
gallon	liter (L)	1 gallon = 3.785 L

**Examples:** For each of the following, what metric unit would be best to use to measure:

1. the distance from Concord to Boston? (km)
2. the volume of soda in a small bottle? (mL)
3. the mass of apples bought in a store? (kg)
4. the width of a sheet of paper? (cm)
5. the thickness of a sheet of paper? (mm)
6. the mass of a few pieces of sand? (mg)

**Practice** (*answers are at the end of the worksheet*)

For each of the following, what metric unit would be best to use to measure:

6. The volume of a raindrop?
7. The volume of water in an aquarium?
8. The height of an ant?
9. The height of a building?
10. The mass of a small steak?
11. The mass of a cow?

## V. COMBINED UNITS

A variety of quantities are measured in units that are a combination of other units. A very common example is speed (or velocity), which is a distance per a time (i.e. miles per hour). You should become familiar with these combined units and the quantities they are used to measure:

COMBINED UNITS		
Quantity	What is measured?	Metric Units
Speed / Velocity	distance per time	$\frac{\text{m}}{\text{s}}$ , $\frac{\text{km}}{\text{hr}}$
Density	mass per volume	$\frac{\text{g}}{\text{L}}$ , $\frac{\text{g}}{\text{cm}^3}$
Concentration	number of things per volume	$M = \frac{\text{moles}}{\text{L}}$
Energy	mass, distance, and time	$J = \text{kg} \frac{\text{m}^2}{\text{s}^2}$

\* note: Often when a unit is on the bottom of the fraction, it will be written as  $\text{unit}^{-1}$ . Just remember that  $x^{-1} = \frac{1}{x}$  so, for example,  $\text{m} \cdot \text{s}^{-1} = \frac{\text{m}}{\text{s}}$ .

## VI. ANSWERS TO PRACTICE QUESTIONS

1. 2,100 milligrams
2. 0.0000304 liters
3. mm
4.  $10^3 = 1,000$
5.  $10^9 = 1,000,000,000$
6. milliliters (mL)
7. liters (L)
8. millimeters (mm)
9. meters (m)
10. grams (g)
11. kilograms (kg)

## MORE HELP

There are a number of useful sites on the worldwide web that can help you learn the metric system. A few useful sites are:

<http://www.austincc.edu/nrgtutor/Units/untut200.htm>

<http://www.learnchem.net/tutorials/mathb.shtml>

<http://www.tfhr.gov/qkref/convtabl.htm>

## EXERCISES

1. Convert 0.0042 kilometers to centimeters.
2. What is the symbol for the unit kiloliter?
3. How many centimeters are in one meter?
4. What metric unit would you use to measure the distance of a car race?
5. What metric unit would you use to measure the mass of a baseball?