

Name: KEY

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Customary Units of Measurement

Units of Length

Unit	Abbreviation	Benchmark – This is about the same length as....
Inch	in.	The distance between <u>1st knuckle and tip of finger</u>
Foot	ft.	The length of a <u>notebook</u>
Yard	yd.	The width of a <u>door</u>
Mile	mi.	The total length of 18 <u>city blocks</u>

Units of Weight: measures the heaviness of an object

Unit	Abbreviation	Benchmark – This is about the same weight as....
Ounce	oz.	The weight of a <u>slice of bread</u>
Pound	lb.	The weight of a <u>loaf of bread</u>
Ton	T	The weight of a <u>car</u>

Units of Liquid Volume (Capacity)

Unit	Abbreviation	Benchmark – This is about the same capacity as....
Fluid Ounce	fl. oz.	The capacity of a <u>bottle of nail polish</u>
Cup	c	The capacity of a <u>small coffee mug</u>
Pint	pt.	The capacity of a <u>tall drinking glass</u>
Quart	qt.	The capacity of a <u>tall orange juice carton</u>
Gallon	gal	The capacity of a <u>milk jug</u>

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Metric Units of Measurement

Units of Length

Unit	Abbreviation	Benchmark – This is about the same length as....
Millimeter	mm	The thickness of a <u>dime</u>
Centimeter	cm	The width of a <u>pinky finger</u>
Meter	m	The width of a <u>door</u>
Kilometer	km	The length of <u>6 city blocks</u>

Units of Mass: measures the quantity of matter an object contains

Unit	Abbreviation	Benchmark – This is about the same mass as....
Gram	g	The mass of a <u>paper clip</u>
Kilogram	kg	The mass of a <u>book</u>

Units of Liquid Volume (Capacity)

Unit	Abbreviation	Benchmark – This is about the same capacity as....
Milliliter	mL	The capacity of a <u>medicine dropper</u>
Liter	L	The capacity of a <u>large bottle of water</u>