## Metric System Practice

Find a cereal box.
How many grams of protein per serving? (example 3 g )
Convert this to ug 3000 000ug
Convert this to kg 0.003 kg
You pour yourself 0.1 L of coke. How many ml is this? 100 mL
You weigh 58 kg . What is this in grams? 58000 g
$230 \mathrm{mg}=230000000 \mathrm{ng}$
$350 \mathrm{~m}=0.35 \mathrm{Km}$
A newborn baby weight 3340 g . What does the baby weigh in kg ? in mg ?
3.34kg $\quad 3340000 \mathrm{mg}$

One Advil contains 200 mg ibuprofen. How many micrograms is this?? 200 000ug
How many grams of ibuprofen in one Advil? (I have a headache!) 0.2 g
Passenger jets fly at an altitude of 10000 m . What is this in Km ? 10 Km
How many nl are in $40 \mu \mathrm{~L} 40000 \mathrm{~nL}$
Convert 584 mg into grams 0.584 g
Covert 584mg into $\mu \mathrm{g} 584$ 000ug
$0.5 \mathrm{~g}=500000 \mu \mathrm{~g}$
$200 \mu \mathrm{~m}=0.2 \mathrm{~mm}$
A cell is 0.05 mm across. What is this is $\mu \mathrm{m}$ ? 50um
A worm moves $5 \mathrm{~cm} /$ minute. How many $\mathrm{mm} /$ minute is this? $50 \mathrm{~mm} /$ minute $300 \mathrm{~mL}=0.3 \mathrm{~L}$

Convert 0.45 mg into $\mu \mathrm{g} \quad 450 \mathrm{ug}$

