

Measurement Benchmarks

You can use benchmarks to estimate measurements.

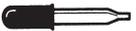
The chart shows benchmarks for customary units of measurement.

Benchmarks for Some Customary Units					
 1 ft about 1 foot	 1 yd about 1 yard	 about 1 cup	 about 1 gallon	 about 1 ounce	 about 1 pound

Here are some more examples of estimating with customary units.

- The width of a professional football is about 1 foot.
- A large fish bowl holds about 1 gallon of water.
- A box of cereal weighs about 1 pound.

The chart shows benchmarks for metric units of measurement.

Benchmarks for Some Metric Units					
 about 1 centimeter	 about 1 meter	 about 1 milliliter	 about 1 liter	 about 1 gram	 about 1 kilogram

Here are some more examples of estimating with metric units.

- The width of a large paper clip is about 1 centimeter.
- A pitcher holds about 1 liter of juice.
- Three laps around a track is about 1 kilometer.

Use benchmarks to choose the customary unit you would use to measure each.

1 length of a school bus

2 weight of a computer

Use benchmarks to choose the metric unit you would use to measure each.

3 the amount of liquid a bottle of detergent holds

4 distance between two cities
