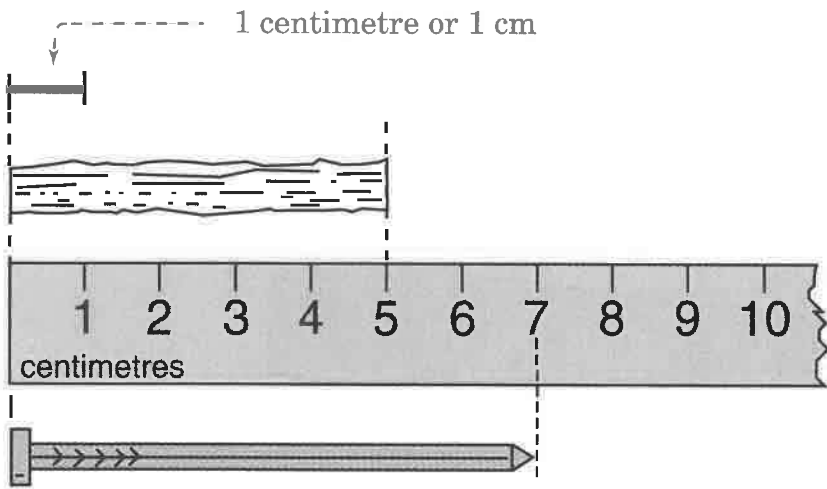


**GRADE 10 ESSENTIALS MATH**

**METRIC CONVERSIONS WORKBOOK**

**EXTRA PRACTICE FOR CONVERTING BETWEEN METRIC  
MEASURES**

# Lesson 1 Centimetre (cm)




The stick is 5 cm long.

The nail is \_\_\_\_\_ cm long.

Find the length of each picture to the nearest centimetre.

1. \_\_\_\_\_ cm 

2. \_\_\_\_\_ cm 

3. \_\_\_\_\_ cm 

4. \_\_\_\_\_ cm 

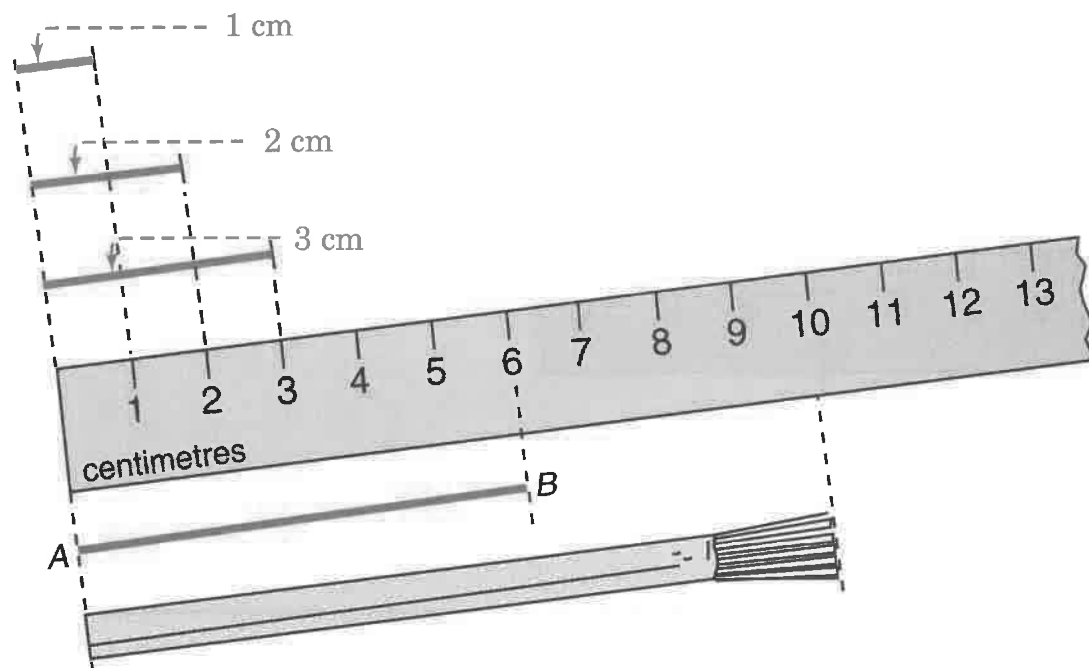
5. \_\_\_\_\_ cm 

6. \_\_\_\_\_ cm 

Use a ruler to draw a line segment for each measurement.

7. 4 cm
8. 9 cm
9. 11 cm
10. 13 cm

## Lesson 2 More Centimetres



Line segment  $AB$  is 6 cm long.

The brush is \_\_\_\_\_ cm long.

Find the length of each picture to the nearest centimetre.

1. \_\_\_\_\_ cm



2. \_\_\_\_\_ cm



3. \_\_\_\_\_ cm



4. \_\_\_\_\_ cm



5. \_\_\_\_\_ cm



Use a ruler to draw a line segment for each measurement.

6. 6 cm

7. 4 cm

8. 12 cm

# Lesson 3 Units of Length

$$600 \text{ cm} = \underline{\quad? \quad} \text{ m}$$

$$100 \text{ cm} = 1 \text{ m}$$

$$\begin{array}{r} 6 \\ 100 \overline{) 600} \end{array}$$

$$600 \text{ cm} = \underline{\quad 6 \quad} \text{ m}$$

$$1 \text{ centimetre (cm)} = 10 \text{ millimetres (mm)}$$

$$1 \text{ metre (m)} = 100 \text{ cm}$$

$$1 \text{ m} = 1000 \text{ mm}$$

$$1 \text{ kilometre (km)} = 1000 \text{ m}$$

$$4 \text{ m} = \underline{\quad? \quad} \text{ cm}$$

$$1 \text{ m} = 100 \text{ cm}$$

$$\begin{array}{r} \downarrow \quad \downarrow \\ 1 \quad 100 \\ \times 4 \quad \times 4 \\ \hline 4 \quad 400 \\ \downarrow \quad \downarrow \\ 4 \text{ m} = \underline{\quad \quad} \text{ cm} \end{array}$$

Complete the following.

*a*

*b*

1.  $3 \text{ m} = \underline{\quad \quad \quad} \text{ cm}$

$12\,000 \text{ m} = \underline{\quad \quad \quad} \text{ km}$

2.  $2 \text{ m} = \underline{\quad \quad \quad} \text{ mm}$

$5 \text{ m} = \underline{\quad \quad \quad} \text{ cm}$

3.  $5 \text{ m} = \underline{\quad \quad \quad} \text{ cm}$

$7 \text{ m} = \underline{\quad \quad \quad} \text{ mm}$

4.  $2 \text{ km} = \underline{\quad \quad \quad} \text{ m}$

$6 \text{ km} = \underline{\quad \quad \quad} \text{ m}$

5.  $2000 \text{ mm} = \underline{\quad \quad \quad} \text{ m}$

$7000 \text{ m} = \underline{\quad \quad \quad} \text{ km}$

6.  $7 \text{ m} = \underline{\quad \quad \quad} \text{ cm}$

$9 \text{ m} = \underline{\quad \quad \quad} \text{ cm}$

7.  $9 \text{ m} = \underline{\quad \quad \quad} \text{ mm}$

$5 \text{ km} = \underline{\quad \quad \quad} \text{ m}$

8.  $15 \text{ cm} = \underline{\quad \quad \quad} \text{ mm}$

$500 \text{ cm} = \underline{\quad \quad \quad} \text{ m}$

9.  $600 \text{ cm} = \underline{\quad \quad \quad} \text{ m}$

$7 \text{ m} = \underline{\quad \quad \quad} \text{ mm}$

10.  $3 \text{ m} = \underline{\quad \quad \quad} \text{ cm}$

$300 \text{ cm} = \underline{\quad \quad \quad} \text{ m}$

11.  $8 \text{ cm} = \underline{\quad \quad \quad} \text{ mm}$

$9 \text{ km} = \underline{\quad \quad \quad} \text{ m}$

12.  $10 \text{ m} = \underline{\quad \quad \quad} \text{ cm}$

$3 \text{ km} = \underline{\quad \quad \quad} \text{ m}$

## Lesson 3 Problem Solving

Solve each problem.

1. Mr. Jefferson is 2 m tall. What is his height in centimetres?

His height is \_\_\_\_\_ cm.

2. In baseball the distance between home plate and first base is 27 m. What is this distance in centimetres?

The distance is \_\_\_\_\_ cm.

3. Jeromy has 150 m of kite string. How many centimetres of kite string does he have?

He has \_\_\_\_\_ cm of kite string.

4. A trench is 2 m deep. What is the depth of the trench in centimetres?

The trench is \_\_\_\_\_ cm deep.

5. There are 1000 m in a kilometre. How many centimetres are there in a kilometre?

There are \_\_\_\_\_ cm in a kilometre.

6. One of the pro quarterbacks can throw a football 54 m. How many centimetres can he throw the football?

He can throw the football \_\_\_\_\_ cm.

7. Marcena has 8 m of ribbon. How many centimetres of ribbon does she have?

She has \_\_\_\_\_ cm of ribbon.

8. A rope is 3 m long. What is the length of the rope in centimetres?

The rope is \_\_\_\_\_ cm long.

9. A certain car is 2 m wide. What is the width of the car in millimetres?

The car is \_\_\_\_\_ mm wide.

1.

2.

3.

4.

5.

6.

7.

8.

9.

# Lesson 6 Capacity

$6 \text{ L} = \underline{\quad?} \text{ mL}$	
$1 \text{ L} = 1000 \text{ mL}$	$1000$
↓	↓
$1$	$1000$
$\times 6$	$\times 6$
$\hline 6$	$\hline 6000$
↓	↓
$6 \text{ L} = \underline{\quad\quad\quad} \text{ mL}$	

1 litre (L) = 1000 millilitres (mL)

1 kilolitre (kL) = 1000 L

$12\ 000 \text{ L} = \underline{\quad?} \text{ kL}$	
$1000 \text{ L} = 1 \text{ kL}$	
$\begin{array}{r} 12 \\ 1000 \overline{)12\ 000} \end{array}$	
$12\ 000 \text{ L} = \underline{\quad\quad\quad} \text{ L}$	

Complete the following.

*a*

*b*

1.  $6000 \text{ mL} = \underline{\quad\quad\quad} \text{ L}$

$12 \text{ L} = \underline{\quad\quad\quad} \text{ mL}$

2.  $4000 \text{ mL} = \underline{\quad\quad\quad} \text{ L}$

$8 \text{ kL} = \underline{\quad\quad\quad} \text{ L}$

3.  $8000 \text{ L} = \underline{\quad\quad\quad} \text{ kL}$

$6 \text{ L} = \underline{\quad\quad\quad} \text{ mL}$

4.  $8 \text{ L} = \underline{\quad\quad\quad} \text{ mL}$

$7000 \text{ L} = \underline{\quad\quad\quad} \text{ kL}$

5.  $10 \text{ L} = \underline{\quad\quad\quad} \text{ mL}$

$9000 \text{ mL} = \underline{\quad\quad\quad} \text{ L}$

6.  $5 \text{ kL} = \underline{\quad\quad\quad} \text{ L}$

$5000 \text{ mL} = \underline{\quad\quad\quad} \text{ L}$

7.  $10 \text{ kL} = \underline{\quad\quad\quad} \text{ L}$

$30\ 000 \text{ L} = \underline{\quad\quad\quad} \text{ kL}$

8.  $2000 \text{ L} = \underline{\quad\quad\quad} \text{ kL}$

$15\ 000 \text{ mL} = \underline{\quad\quad\quad} \text{ L}$

9.  $10 \text{ L} = \underline{\quad\quad\quad} \text{ mL}$

$17\ 000 \text{ L} = \underline{\quad\quad\quad} \text{ kL}$

10.  $3000 \text{ L} = \underline{\quad\quad\quad} \text{ kL}$

$12 \text{ kL} = \underline{\quad\quad\quad} \text{ L}$

11.  $16 \text{ L} = \underline{\quad\quad\quad} \text{ mL}$

$28 \text{ L} = \underline{\quad\quad\quad} \text{ mL}$

12.  $10\ 000 \text{ mL} = \underline{\quad\quad\quad} \text{ L}$

$16 \text{ kL} = \underline{\quad\quad\quad} \text{ L}$

## Lesson 6 Problem Solving

Solve each problem.

1. There are 6 L of lemonade in a picnic cooler. How many 1000-mL containers can be filled by using the lemonade in the cooler?

\_\_\_\_\_ containers can be filled.

2. The cooling system on a car holds 16 L. How many millilitres does it hold?

It holds \_\_\_\_\_ mL.

3. In problem 2, how many millilitres do five cooling systems hold?

They hold \_\_\_\_\_ mL.

4. There are 376 L of milk delivered to the store. How many millilitres of milk is this?

It is \_\_\_\_\_ mL of milk.

5. How many litres of water would be needed to fill a 10-kL aquarium?

\_\_\_\_\_ L would be needed.

6. The lunchroom served 16 L of milk at lunch. How many millilitres of milk was this?

It was \_\_\_\_\_ mL of milk.

7. There are 1200 mL of liquid in a container. How many 100-mL jars can be filled by using the liquid in the container?

\_\_\_\_\_ jars can be filled.

8. There are 6 L of bleach in a container. How many millilitres of bleach are in the container?

There are \_\_\_\_\_ mL of bleach in the container.

1.

2.

3.

4.

5.

6.

7.

8.

# Lesson 7 Mass

Tonne (t), milligram (mg), gram (g), and kilogram (kg) are units of mass.

1 t = 1000 kg  
 1 kg = 1000 g  
 1 g = 1000 mg

$$\begin{array}{r}
 5 \text{ kg} = \underline{\quad? \quad} \text{ g} \\
 1 \text{ kg} = 1000 \text{ g} \\
 \downarrow \qquad \downarrow \\
 1 \qquad 1000 \\
 \times 5 \qquad \times 5 \\
 \hline
 5 \qquad 5000 \\
 \downarrow \qquad \downarrow \\
 5 \text{ kg} = \underline{5000} \text{ g}
 \end{array}$$

$$\begin{array}{r}
 2 \text{ t} = \underline{\quad? \quad} \text{ kg} \\
 1 \text{ t} = 1000 \text{ kg} \\
 \downarrow \qquad \downarrow \\
 1 \qquad 1000 \\
 \times 2 \qquad \times 2 \\
 \hline
 2 \qquad 2000 \\
 \downarrow \qquad \downarrow \\
 2 \text{ t} = \underline{\quad\quad} \text{ kg}
 \end{array}$$

Complete the following.

*a*

*b*

1. 2 kg = \_\_\_\_\_ g
2. 2 t = \_\_\_\_\_ kg
3. 7 g = \_\_\_\_\_ mg

1. 6 t = \_\_\_\_\_ kg
2. 4 kg = \_\_\_\_\_ g
3. 5 t = \_\_\_\_\_ kg

4. Tell the mass shown on each scale.



\_\_\_\_\_ kg

\_\_\_\_\_ kg

5. How many kilograms did Tom gain?

Tom gained \_\_\_\_\_ kg since last year.

Complete the table.

	Tonnes	Kilograms	Grams	Milligrams
6.		1000		
7.	4			
8.	7		7 000 000	



## Lesson 7 Problem Solving

Solve each problem.

1. Mrs. Wilson bought a 6-kg turkey. What is the mass of the turkey in grams? **1.**

The mass of the turkey is \_\_\_\_\_ g.

2. The Garden Club grew 2 t of watermelons to sell. How many kilograms of watermelons did they grow? **2.**

The club grew \_\_\_\_\_ kg of watermelons.

3. Mason bought 50 kg of apples to make applesauce. How many grams of apples did he buy? **3.**

Mason bought \_\_\_\_\_ g of apples.

4. Brett bought a truck that can hold 25 t of stone. How many kilograms of stone could the truck hold? **4.**

The truck can hold \_\_\_\_\_ kg of stone.

5. Jack and Beth picked 163 kg of blueberries. How many grams of blueberries did they pick? **5.**

They picked \_\_\_\_\_ g of blueberries.

6. An African elephant can have a mass of 6 t. How many kilograms can be the mass of an African elephant? **6.**

An African elephant can have a mass of \_\_\_\_\_ kg.

# Lesson 8 Time

Second, minute, hour, and day are units of time.

$$1 \text{ minute (min)} = 60 \text{ seconds (s)}$$

$$1 \text{ hour (h)} = 60 \text{ min}$$

$$1 \text{ day} = 24 \text{ h}$$

$3 \text{ min} = \underline{\quad? \quad} \text{ s}$	
$1 \text{ min} = 60 \text{ s}$	
↓	↓
1	60
$\times 3$	$\times 3$
$\underline{3}$	$\underline{180}$
↓	↓
$3 \text{ min} = \underline{\quad \quad} \text{ s}$	

Complete the following.

*a*

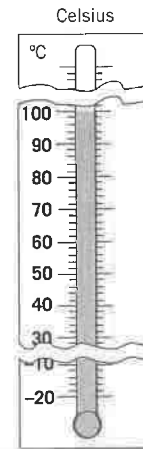
1. 2 h = \_\_\_\_\_ min
2. 2 days = \_\_\_\_\_ h
3. 5 min = \_\_\_\_\_ s
4. 12 h = \_\_\_\_\_ min
5. 5 days = \_\_\_\_\_ h
6. 24 h = \_\_\_\_\_ min
7. 4 min = \_\_\_\_\_ s
8. 13 min = \_\_\_\_\_ s
9. 6 h = \_\_\_\_\_ min
10. 15 min = \_\_\_\_\_ s
11. 14 days = \_\_\_\_\_ h
12. 4 h = \_\_\_\_\_ min
13. 30 min = \_\_\_\_\_ s
14. 30 days = \_\_\_\_\_ h
15. 15 h = \_\_\_\_\_ min

*b*

1. 8 min = \_\_\_\_\_ s
2. 5 h = \_\_\_\_\_ min
3. 3 days = \_\_\_\_\_ h
4. 6 min = \_\_\_\_\_ s
5. 10 min = \_\_\_\_\_ s
6. 7 days = \_\_\_\_\_ h
7. 8 h = \_\_\_\_\_ min
8. 10 days = \_\_\_\_\_ h
9. 4 days = \_\_\_\_\_ h
10. 3 h = \_\_\_\_\_ min
11. 7 min = \_\_\_\_\_ s
12. 8 days = \_\_\_\_\_ h
13. 48 h = \_\_\_\_\_ min
14. 25 min = \_\_\_\_\_ s
15. 9 days = \_\_\_\_\_ h

# Lesson 9 Temperature (Celsius)

Use **degrees Celsius** to measure the temperature. Read the top of the liquid in the thermometer to tell the temperature. Write 25°C.



In degrees Celsius, water freezes at 0°C.

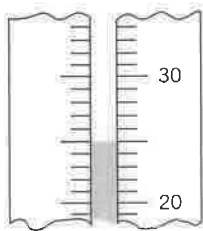
In degrees Celsius, water boils at 100°C.

Your normal body temperature is about 37°C.

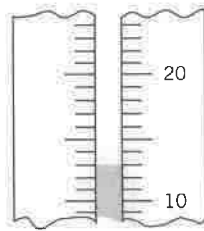
Use a minus sign to show temperatures colder than 0°C.

Record the temperature shown on each thermometer.

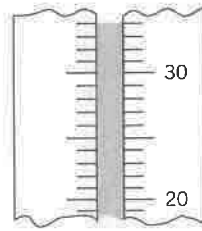
1.



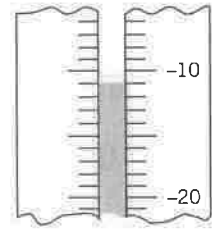
\_\_\_\_\_°C



\_\_\_\_\_°C



\_\_\_\_\_°C



\_\_\_\_\_°C

2. Water freezes at 0°C and boils at 100°C. What is the difference between those two temperatures? **2.**

The difference is \_\_\_\_\_ °C.

3. At 6 A.M. the temperature was 13°C. The high temperature was expected to be 19°C warmer than that. What was the high temperature expected to be? **3.**

\_\_\_\_\_°C was the expected high temperature.

4. During a windy day, the windchill was -14°C. With no wind, the temperature would have been 16°C warmer. What would have been the temperature with no wind? **4.**

The temperature would have been \_\_\_\_\_°C.