

# Metric Measurement - Mass

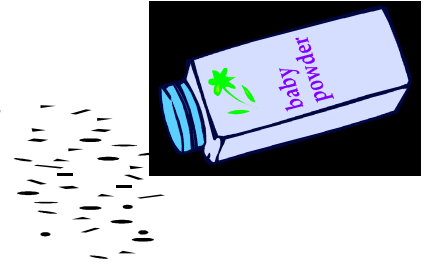
## Unit

## Benchmark

(picture in your mind)

**milligram (mg)**

**Sprinkle of baby powder**



**gram (g)**

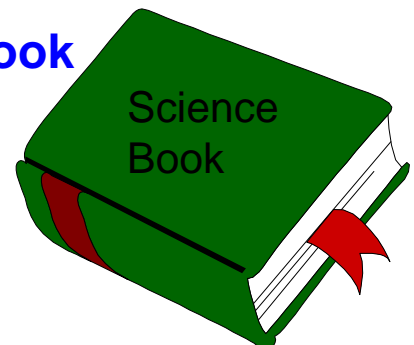
**One Teddy Gram cracker**



$1 \text{ g} = 1,000 \text{ mg}$

**kilogram (kg)**

**Science textbook**



$1 \text{ kg} = 1,000 \text{ g}$