

Convert the following measurements using the example below.

So you know your feet from your inches, but it's handy to know imperial units of mass and volume too. This page covers converting between metric units and pounds, ounces and pints.

Example

You'll need these conversions for this page:

1 kilogram \approx 2 pounds

100 grams \approx 4 ounces

1 litre \approx 2 pints



A cauliflower has a mass of 500 g.
Convert this mass to ounces.

100 g \approx 4 ounces

500 g is 5 lots of 100 g.

So 500 g \approx 5×4 ounces = **20 ounces**



Set B

Convert the following using approximations:

- 1 35 kg to pounds
- 2 44 litres to pints
- 3 90 pounds to kg
- 4 102 pints to litres
- 5 85 litres to pints
- 6 250 pounds to kg

Convert the following using approximations:

- 7 600 grams to ounces
- 8 800 grams to ounces
- 9 28 ounces to grams
- 10 900 grams to ounces
- 11 40 ounces to grams
- 12 56 ounces to grams