

# Getting Started with Metrics

1. Convert your height in inches to meters and centimeters.
2. Convert your weight in pounds to grams, milligrams and kilograms.
3. Measure the circumference of your waist in inches and convert it to meters and centimeters.
4. Convert the following:
  - a. 8 ounces of liquid to ccs and liters
  - b. 30 inches to cms and meters
  - c. 50 grams to kilograms and ounces
  - d. 1 Tbsp to ccs
  - e. 1.5 liters to ounces
  - f. 14 grams to milligrams
5. Convert 98.6 degrees Farenheit to Celsius.
6. Convert 35.6 degrees Celsius to Farenheit.
7. Which of the following Celsius (oral) temperatures would be considered within normal limits?      35.5      39.2      37.0      34.3
8. How many cms in a meter?
9. How many mls in a liter?
10. How many cms in a foot?
11. How many grams in a pound?
12. What's the difference between a cubic centimeter & a milliliter?