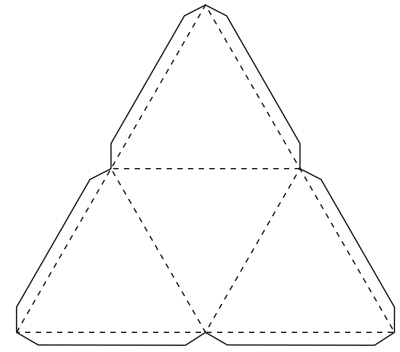


# NIST Metric Pyramid

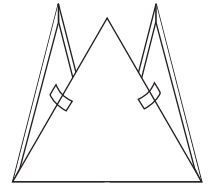
(LC1140 Apr'02)

## Reproduction Master

To ensure accurate scale, do not enlarge or reduce. Reproduce one per 11"x8.5" sheet. For best results, reproduce on 110 lb index stock, or 67+ lb vellum.



Cut out along outside border. Fold on dotted lines illustrated above.



Fold up sides from base and tape.

**Length**  
 25 mm  $\approx$  1 in  
 2.5 cm  $\approx$  1 in  
 1 m  $\approx$  3.3 ft  
 1 m  $\approx$  39.4 in  
 0.91 m  $\approx$  1 yd  
 1 km  $\approx$  0.6 mi  
 1.6 km  $\approx$  1 mi

**Mass or Weight**  
 28 g  $\approx$  1 oz  
 0.45 kg  $\approx$  1 lb  
 1 kg  $\approx$  2.2 lb  
 1 t  $\approx$  2200 lb (long ton)

**NIST Metric Pyramid**  
 Each edge of the pyramid measures 10 cm or 100 mm.

(LC1140 Apr'02)

**Metric Symbols**

J	joule
L	liter
mL	milliliter
t	metric ton
kg	kilogram
g	gram
km	kilometer
m <sup>3</sup>	cubic meter
m <sup>2</sup>	square meter
m	meter
cm	centimeter
mm	millimeter

**Volume**  
 5 mL  $\approx$  1 tsp (1 cl)  
 30 mL  $\approx$  1.06 fl oz (1.1 qt)  
 240 mL  $\approx$  8.1 fl oz (1 qt)  
 1 L  $\approx$  34 fl oz (1.1 qt)  
 3.8 L  $\approx$  1 U.S. gal (1 qt)  
 1 m<sup>3</sup> (1000 L)  $\approx$  1000 gal  
 700 L (0.7 m<sup>3</sup>)  $\approx$  143 gal  
 30 L (0.03 m<sup>3</sup>)  $\approx$  13.4 gal

**Temperature**  
 Celsius: 0, 10, 20, 30, 40, 50, 60, 70, 80, 90, 100  
 Fahrenheit: 32, 40, 50, 60, 70, 80, 90, 100, 110  
 F = 1.8 C + 32  
 C = (F - 32) / 1.8

**Area or Surface**  
 645 mm<sup>2</sup>  $\approx$  1 in<sup>2</sup>  
 930 cm<sup>2</sup>  $\approx$  1 ft<sup>2</sup>  
 1 m<sup>2</sup>  $\approx$  10.8 ft<sup>2</sup>  
 4047 m<sup>2</sup>  $\approx$  1 acre  
 1 hectare  $\approx$  2.5 acre  
 1 km<sup>2</sup>  $\approx$  247 acre  
 2.59 km<sup>2</sup>  $\approx$  1 mi<sup>2</sup>

**Energy**  
 1055 J  $\approx$  1 BTU  
 4190 J  $\approx$  1 calorie (nutrition)  
 1 kWh  $\approx$  3.6 MJ



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