Helping With Math

Conversion of Unlike Units (Measures of Weight)

Suitable for students **aged 8-10**

This pack is suitable for learners aged 8-10 years old or 4th to 5th graders (USA). The content covers fact files and relevant basic and advanced activities involving conversion of unlike units (measures of weight).

Every 23rd of September, we celebrate World Fitness Day. Using the weight measurement, we get to measure our mass. We can convert it to different units like kilogram, grams, pounds, etc.

After a year, Mark losses weight from 95 kg down to 75 kg. Convert his first weight to grams while the second weight to pounds.

95 kg = 95,000 g

- 95 x 1,000

75 kg = 15.43 lbs

- 75 x 2.205

CONCEPTS

kilograms	kg	1 kg = 1,000 g, 0.0011 T, 35.27 oz, 2.20 lbs
grams	g	1 g = 0.001 kg, 1.10 T, 0.04 oz, 0.0022 lbs
tonnes	T	1 T = 907.185 kg, 907,185 g, 32,000 oz, 2,000 lbs
ounces	oz	1 oz = 0.028 kg, 28.35 g, 3.13 T, 0.0625 lbs
pounds	lbs	1 lbs = 0.45 kg, 453.59 g, 0.0005 T, 16 oz

EXERCISES

103 oz	_____ g
52 lbs	_____ kg
16 g	_____ T
121 T	_____ lbs
58 kg	_____ oz

TABLE OF ACTIVITIES

KETO DIET

Convert the following measures of kilograms to grams to start your ketogenic fruit-diet.

1) 64 kg = _____ g

Solution:

2) 77 kg = _____ g

Solution:

3) 25,000 g = _____ kg

Solution:
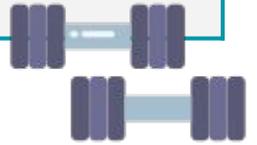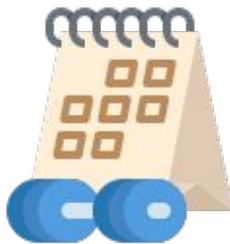
4) 18,000 g = _____ kg

Solution:

DIET

FITNESS CALENDAR

Monitor your fitness in days by converting the following ounce to pounds and vice versa.

	1.		3.	
ounce	_____	63	_____	72
pound	3.5	2. _____	3.06	4. _____

		6.		8.
pound	5.63	_____	2.38	_____
ounce	5. _____	80	7. _____	100

MUSCLE UP!

Show your muscles by converting the following Metric units of weight.

1. 0.17 lb = _____ g

2. 0.15 lb = _____ g

3. 0.06 lb = _____ g

4. 0.19 lb = _____ g

5. 0.13 lb = _____ g

6. 120 g = _____ lb

7. 42 g = _____ lb

8. 37 g = _____ lb

9. 58 g = _____ lb

10. 90 g = _____ lb

FITNESS SUPPLEMENT

Know the supplement information as you convert the following ounce to kilogram and vice versa

1. 68 oz = _____ kg

2. 53 oz = _____ kg

3. 78 oz = _____ kg

4. 49 oz = _____ kg

5. 92 oz = _____ kg

6. 2.30 kg = _____ oz

7. 2.24 kg = _____ oz

8. 0.82 kg = _____ oz

9. 1.02 kg = _____ oz

10. 2.18 kg = _____ oz

Find out what the smart watch has detected! Convert these from tonne to pound.

1) 65 T = _____ lb

2) 87 T = _____ lb

3) 18 T = _____ lb

4) 25 T = _____ lb

5) 72 T = _____ lb

6) 33 T = _____ lb

7) 56 T = _____ lb

8) 90 T = _____ lb

9) 49 T = _____ lb

10) 15 T = _____ lb

Solution:

WHICH ACT FIT?

Identify which exercises and activities fit your body by answering the questions below. Encircle the letter of your answer. Show your solution.

Solution:

1) Among the following grams, what will result to 83 ounce?

   a.   2353.10   c.   2533.01

   b.   2533.10   d.   2353.01

2) Which of the following grams will result to 94 ounce?

   a.   2664.86   c.   2464.68

   b.   2464.86   d.   2664.68

Solution:

Solution:

3) Which among the grams is equivalent to 145 ounce?

   a.   4011.68   c.   4110.86

   b.   4110.68   d.   4011.86

IN THE WORLD OF FITNESS DAY

Witness the activities of people related to the World Fitness Day. Answer the word problems below. Show your solution.

3.   April sold 107 g of newspaper and 29 g of magazines about the World Fitness Day. Find the total quantity of the articles sold and convert it to pounds.

2.   A truck was loaded 28 kg of avocados, 15 kg of coconuts, and 50 kg of strawberries for the celebration of the World Fitness Day. Find the total weight carried by the truck then convert it to tonnes.

1.   Cristina bought a three fitness cake weighing 2 ounce each. What is the total weight of the three? Convert it to kilograms.

FAMILY FITNESS

One way of celebrating world fitness day is to measure your family's weight. Fill up the weight chart below.

MY FAMILY'S WEIGHT

MEMBER	KILOGRAM/GRAM	POUND/OUNCE
Father		
Mother		
Me		
1 sibling (if any)		

INSTRUCTOR'S DILEMMA

As part of World Fitness Day, follow the instructor's directions by providing what is needed in the table below.

Object	Metric Unit Distance	English Unit Distance

As we warm up for our physical fitness activities, I want you to ready any objects that you can use for our workout (jumping rope, yoga mat, etc) and measure its weight in any metric unit then convert it to english unit.

FITNESS BOOK RECORDS

Record your experience in World Fitness Day by answering the questions in not less than 3 sentences.

1. When do you most commonly use the concept of measurements of weight?

2. What is/are the benefit/s of knowing how to convert one unit to another in the context of weight?

ANSWER GUIDE

Activity 1

1. 64,000 g
2. 77,000 g
3. 25 kg
4. 18 kg

Activity 2

1. 56 oz
2. 3.94 lb
3. 49 oz
4. 4.5 lb
5. 90 oz
6. 5 lb
7. 38 oz
8. 6.25 lb

Activity 3

1. 77 g
2. 69 g
3. 29 g
4. 84 g
5. 59 g
6. 0.26 lb
7. 0.09 lb
8. 0.08 lb
9. 0.13 lb
10. 0.20 lb

Activity 4

1. 1.93 kg
2. 1.50 kg
3. 2.21 kg
4. 1.39 kg
5. 2.61 kg
6. 81 oz
7. 79 oz
8. 29 oz
9. 36 oz
10. 77 oz

Activity 5

1. 143,300
2. 191,802
3. 39,683.2
4. 55,115.6
5. 158,733
6. 72,752.5
7. 123,459
8. 198,416
9. 108,027
10. 33,069.3

Activity 6

1. D
2. A
3. B

Activities 8-10

Answers may vary.

Activity 7

1. 6 oz = 0.17 kg
2. 93 kg = 0.093 T
3. 136 g = 0.30 lbs

Thank you

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