

Weights and Measures Terminology

- ◆ Centimeter
- ◆ Cubic centimeters (cc)
- ◆ Gallon
- ◆ Gram
- ◆ Greenwich time
- ◆ Inches
- ◆ kilogram

Terminology #2


- ◆ Liter
- ◆ Metric system
- ◆ Military time
- ◆ Milliliter
- ◆ Ounces
- ◆ Pint
- ◆ Pound
- ◆ quart

Weights / Measurements household

- ◆ Ounces and pounds(lb.)
- ◆ Inches, feet, and yards
- ◆ Fluid ounces,(oz), pints, quarts, and gallons.


Metric weights / measurements International

- ◆ Gram, Kilogram (Kg.)
- ◆ Millimeter, centimeter, meter (mm,cm,M.)
- ◆ Milliliter(ml), liter (L).




Identify common measuring equipment

- ◆ Liquid measuring equipment
- ◆ Graduated cylinders
- ◆ Measuring cups (household)
- ◆ Serving containers



Linear Measuring equipment

- ◆ Yardstick
- ◆ Tape measure
- ◆ Standing scale with measuring rod



Weight measuring equipment

- ◆ Scales
 - ◆ Standing scale
 - ◆ Wheelchair or chair scale
 - ◆ Mechanical or "Hoyer" scale
 - ◆ Bed scale

Conversions / Volume

- ◆ 1 ounce = 30 cc/ml.
- ◆ 1 cup = 240-250 cc/ml = 8oz
- ◆ 1 pint = 500 cc/ml
- ◆ 1 quart = 1000 cc/ml = 1 liter
- ◆ 1 cc = 1 ml
- ◆ 1 teaspoon (tsp.) = 5 cc/ml
- ◆ 1 tablespoon (Tbsp.) = 15 cc ml

Conversions / Weight

- ◆ 1 Kilogram (kg) = 2.2 Pounds (lbs)
- ◆ 1 LB = 500 cc
- ◆ Length – 1 inch = 2.5 centimeters
