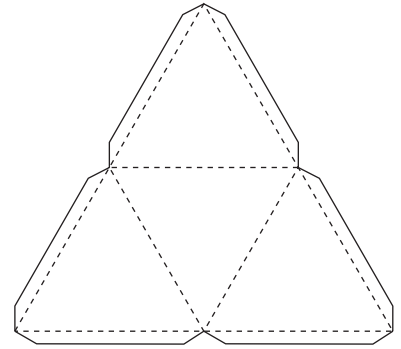
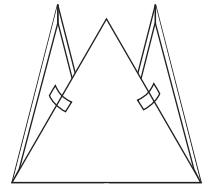


# NIST Metric Pyramid

(LC1140)



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



Fold up sides from base and tape.

**Length**

1 inch = 25.4 mm  
 1 inch = 2.54 cm  
 1 foot = 0.3048 m  
 1 yard = 0.9144 m  
 1 mile = 1.6 km

**Mass or Weight**

1 ounce = 28 g  
 1 pound = 0.45 kg  
 short ton (2,000 lbs.) = 0.9 t

**NIST Metric Pyramid**

Each edge of the pyramid measures 10 cm or 100 mm.

(LC1140)

**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**

1 teaspoon = 5 mL  
 1 tablespoon = 15 mL  
 1 cup (8 oz.) = 0.24 L  
 1 qt. (32 oz.) = 0.95 L  
 1 gal. = 3.78 L  
 1 cubic yd. = 0.76 m<sup>3</sup>

**Temperature**

Celsius Fahrenheit  
 0 32  
 10 50  
 20 68  
 30 86  
 40 104  
 50 122  
 60 140  
 70 158  
 80 176  
 90 194  
 100 212

**Area or Surface**

1 sq. in. = 645 mm<sup>2</sup>  
 1 sq. ft. = 0.093 m<sup>2</sup>  
 1 sq. yd. = 0.84 m<sup>2</sup>  
 1 acre = 2.59 km<sup>2</sup>  
 1 hectare = 4047 m<sup>2</sup>  
 1 km<sup>2</sup> = 0.004 km<sup>2</sup>

**Energy**

1 BTU (60° F) = 105 J  
 1 calorie (15° C) = 4.19 J  
 1 kWh = 3.6 x 10<sup>6</sup> J



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