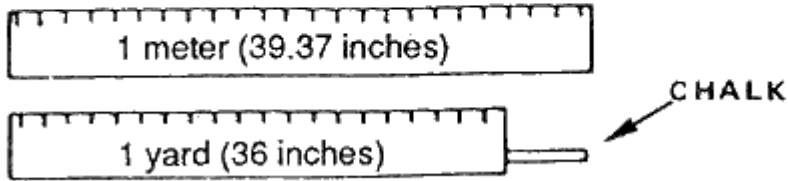
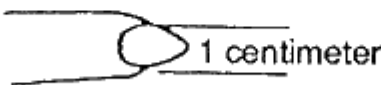




Antoine frame-of-reference method . . . familiar-item examples

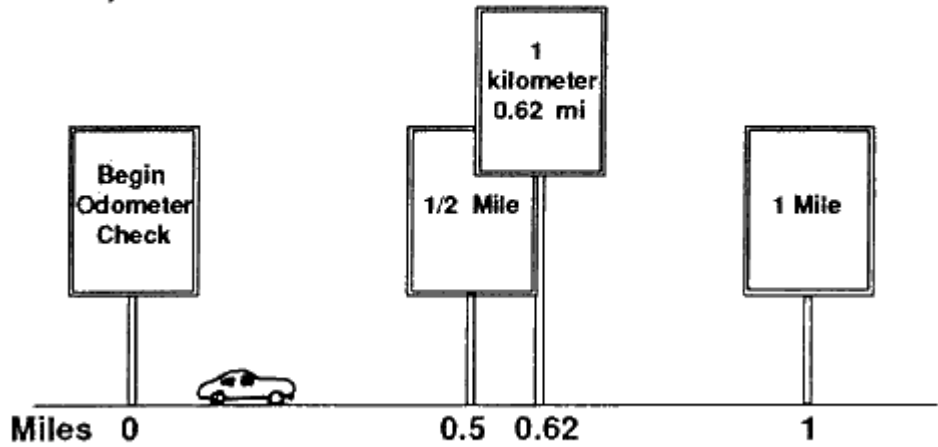
Examples of everyday item equivalences for metric units of length, mass, volume, and temperature

(Drawings excerpted from the book, *Guide to the Use of the Metric System* by Valerie Antoine, USMA Executive Director.

| Unit | Equivalence |
|---|--|
| <p>Length: 1 meter (1 m)</p> | <p>1 meter (or 1 m) = about a yardstick plus the length of a piece of chalk</p>  |
| <p>1 centimeter (1 cm)</p> | <p>1 centimeter (or 1 cm) = the width of some part of your smallest finger or fingernail</p>  |

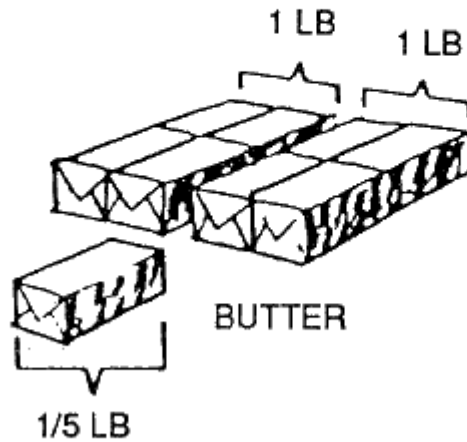
1 kilometer (1 km)

1 kilometer (or 1 km) = a little more than half a mile (pronounced KILL-oh-meet-ur not kill-AHM-it-ur)



Mass:
1 kilogram (1 kg)

1 kilogram (or 1 kg) = about the mass of 2.2 pounds of butter



Temperature:
degree Celsius
(°C)

Metric Temperature (degree Celsius)

