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· ABSTRACT

This learning activity package on using the metric system is one of a series of 12 titles developed for use in health occupations education programs. Materials in the package include objectives, a list of materials needed, information sheets, reviews (self evaluations) of portions of the content, and answers to reviews. These topics are covered: metric system history, metric system rules, metric system tools, and measuring volume, mass, length, and temperature. (YLB)

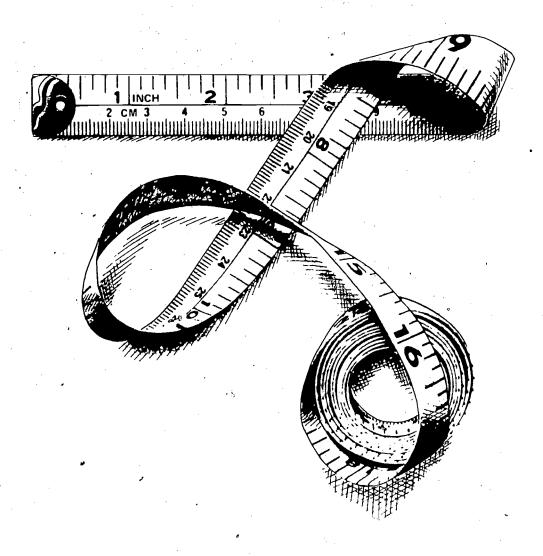
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LAP Learning Activity Package

Using The Metric System In Health Careers



CALIFORNIA STATE DEPARTMENT OF EDUCATION
Wilson Riles, Superintendent of Public Instruction
Sacramento, 1982

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Using The Metric System In Health Careers

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1982

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OBJECTIVES

AFTER COMPLETING THIS LAP, YOU WILL BE ABLE TO DO THE FOLLOWING:

- 1. Briefly describe the History of the Metric System.
- 2. EXPLAIN SIX ADVANTAGES OF THE METRIC SYSTEM.
- 3. LIST EIGHT RULES OF THE METRIC SYSTEM.
- 4. Define the units and prefixes used in the metric system.
- 5. LIST THE COMMON TOOLS OF THE METRIC SYSTEM USED FOR LINEAR, VOLUME, AND WEIGHT MEASUREMENTS.
- 6. CALCULATE COMMON METRIC MEASUREMENTS, INCLUDING VOLUME, MASS, AND LENGTH.
- 7. CONVERT FAHRENHEIT TEMPERATURE TO CELSIUS.

MATERIALS NEEDED

[™]WORK SHEET

PEN OR PENCIL

* PICK UP A WORK SHEET BEFORE BEGINNING THIS LAP.



METRIC SYSTEM HISTORY

The metric system was adopted in France in 1790 as a universal system of weights and measures. It was made legal in the United States in 1866.

Some opponents of the metric system in the United States based their opposition .

On the belief that the inch was derived from the cubit refered to in the Bible.

Other opponents were convinced that the introduction of the metric system was the result of a foreign conspiracy.

INDUSTRY HAS OPPOSED THE USE OF THE METRIC SYSTEM BECAUSE OF COSTS AND COMPLICATIONS IN THE CHANGEOVER IN TOOLS AND MACHINERY.

THE METRIC CONVERSION ACT OF 1975 PROVIDED FOR A METRIC BOARD TO OVERSEE THE CHANGEOVER IN THE UNITED STATES FROM THE ENGLISH SYSTEM TO THE METRIC SYSTEM.

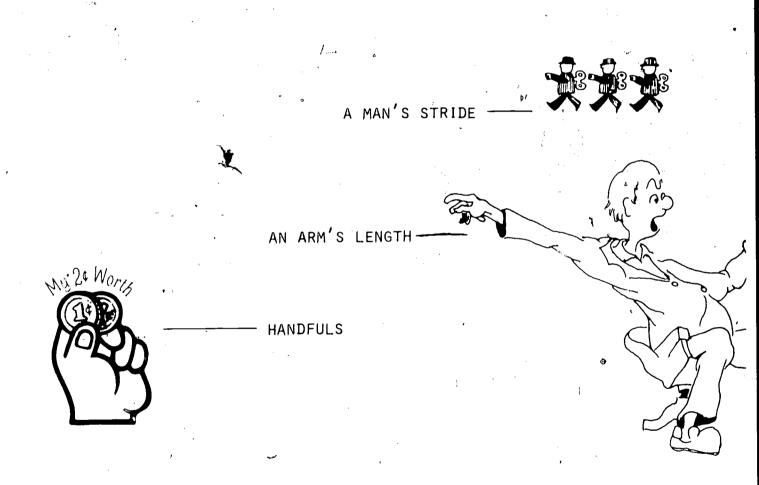
Ninety percent of the world now uses the metric system. It is called the International System of Units (SI) and is based on an international agreement in 1960.





METRIC SYSTEM HISTORY

AS CIVILIZATION GREW, THERE WAS A NEED TO MEASURE GOODS, COMMOD-ITIES, BUILDING MATERIALS, AND DISTANCES. THIS LED TO THE CREATION OF DIFFERENT MEASURING SYSTEMS. HODGEPODGE MEASURING METHODS AND DEVICES WERE ESTABLISHED. AVAILABLE "MEASURES" WERE USED; THESE INCLUDE:



---- F00T





METRIC SYSTEM HISTORY

REVIEW I.

DO YOU REMEMBER?

- 1. WHY DOES INDUSTRY RESIST CHANGING TO THE METRIC SYSTEM?
- 2. How were measuring systems originally started?
- 3. How much of the world is now using the metric system?
- 4. WHEN WAS THE METRIC SYSTEM MADE LEGAL IN THE UNITED STATES?



Answers are "on the next page.

If you got all of the questions right, continue on.

If not, go back and review.

5

REVIEW I. ANSWER KEY

- 1. COSTS AND COMPLICATIONS OF TOOLS AND MACHINERY
- 2. Hodgepodge, using available measures like a man's stride or arm's length or handfuls or "foot."
- 3. 90 PERCENT

¥. ≈ 1866

METRIC SYSTEM ADVANTAGES



ALL UNITS OF MEASURE ARE MULTIPLES OR SUBMULTIPLES OF 10.



ONE SET OF PREFIXES IS USED FOR ALL TYPES OF MEASURES.

KILO HECTO DEKA DECI CENTI MILLI

CONVERSION TO THE METRIC SYSTEM WOULD BE BETTER FOR IMPORT/EXPORT.

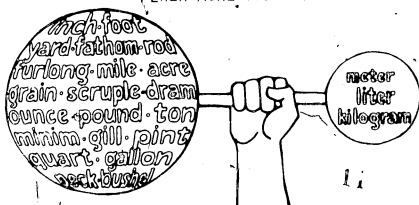


HEALTH SERVICES ALREADY USE THE METRIC SYSTEM.





FEWER MORE SENSIBLE SIZES.





METRIC SYSTEM ADVANTAGES .

GREATER EASE IN COMPARING PRICES



sq./

EASIER TO CALCULATE



MANY COUNTRIES USE ALREADY



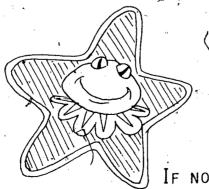
12

METRIC SYSTEM ADVANTAGES

REVIEW II.

DO YOU REMEMBER?

- 1. WHAT SERVICE IN THE U.S. ALREADY USES THE METRIC SYSTEM?
- 2. How many sets of prefixes are used for all types of measures?
- 3. What number is very important in doing multiples in the metric system?



Answers are on the next page.

If you got all of the questions right, continue on.

IF NOT, PLEASE GO BACK AND REVIEW.

- 1. HEALTH SERVICES
- 2. 1
- 3 10

METRIC SYSTEM

UNITS YOU NEED TO KNOW:

UNIT	SYMBOL	<u>MEASURES</u>	<u>REPLACES</u>
METER	m	length, distance, thickness	inch, foot, yard, mile
GRAM	g	weight	ounce, pound
LITER	L .	volume	cup, pint, quart, gallon fluid ounce
CELSIUS	o _C	temperature	Fahrenheit, Centigrade
AMPERE	Α	electrical current	no change
WATT	W	power	no change

NOTE: Other English-speaking countries use the spelling: metre and litre.



METRIC SYSTEM

PREFIXES COMMONLY USED4

MORE	PREFIX	SYMBOL	RELATION TO UNIT	EXAMPLE
THAN		·	· · · · · · · · · · · · · · · · · · ·	
ONE	Kilo-	. k	1000 of them	l kilogram
OF A				1000 grams
UNIT		•		
	,	• • • • • • • • • • • • • • • • • • •	60000 T	
				• .
		7	•	· .
·. •	Hecto-	h	100 of them	1 hectometer
•	-			100 meters
		•	(00)	
			A G G G	•
•				
LESS	Deci-	d .	1/10 of unit	l deçiliter
THAN				0.1 liter
ONE	1	(
OF A			6:0)	
UNIT	•	<i>}-</i>		
	•	· '	5th NZ	V .
•		*		
* .	Centi-	c	1/100 of unit	1 centimeter
•	•	,	•	0.01 meter
		,		, , ,
•	<i>b</i>	•		, i
•		•		•
	Milli-	m	1/1000 of unit	1 milliliter
•				0.001 liter
			•	

REVIEW III	RE	۷I	EW	I	H
------------	----	----	----	---	---

DO YOU REMEMBER?

THE METER MEASURES	AND THE SYMBOL
FOR IT IS	• •
THE METRIC UNIT FOR WEIGHT	IS CALLED
THE LITER MEASURES	, AND REPLACES
THE METRIC TEMPERATURE UNIT	IS, CALLED
• *	
Ampere denotes	AND WATT MEANS
	_•
•	
TWO PREFIXES THAT DENOTE MO	
, AND	• • • • • • • • • • • • • • • • • • •
MATCH THE FOLLOWING:	
MILLI-	A. 1/100 OF UNIT
KILO-	B. 1/1000 OF UNIT
CENTI-	c. 100 OF THEM
	· ·
DECI-	D. 1000 OF THEM

Answers are on Next Page.

If you got them all right, continue on.

IF NOT, GO BACK AND REVIEW.



REVIEW III. ANSWER KEY

- 1. LENGTH OR DISTANCE OR THICKNESS
- 2. A GRAM OR KILOGRAMS
- 3. VOLUME CUP OR PINT OR QUART OR GALLON OR FLUID OUNCE
- 4. CELSIUS
- 5. ELECTRICA'L CURRENT POWER
- 6. KILO-HECTO-
- 7. B.

RULES TO FOLLOW:

- 1. Use a space, not a comma, for writing numbers.
- 2. A ZERO PRECEDES THE DECIMAL POINT IF THE NUMBER IS LESS THAN $1.\,$
- 3. Symbols are not plural, no matter how many.
- 4. Leave a space between the number and the symbol, except for temperature (e.g., 13° C).
- 5. Symbols are NOT FOLLOWED BY PERIODS.
- 6. CAPITAL LETTERS AND SMALL LETTERS ARE NOT INTERCHANGEABLE. FOR EXAMPLE, C IS THE SYMBOL FOR CENTI AND OC IS THE SYMBOL FOR DEGREE CELSIUS.
- 7. WHEN BOTH THE METRIC SYSTEM AND CUSTOMARY UNITS ARE USED, SHOW NONMETRIC UNITS IN PARENTHESES.
- 8. Avoid common fractions. Use decimal fractions for quantities not expressed in whole numbers.



NOTE: In the metric system an upper case letter may mean something different from the lower case letter. For example, mm for millimeter (width of a dime), and mm for megameter (a thousand kilometers).



THE METER IS THE BASE UNIT OF LENGTH IN THE METRIC SYSTEM. EACH UNIT HAS A STANDARD WHICH CAN BE REPRODUCED IN A LABORATORY WITH GREAT ACCURACY—TO 8 DECIMAL PLACES AND MORE.

METER

EXAMPLES OF RULES TO FOLLOW....

WISE A SPACE, NOT A COMMA, FOR WRITING NUMBERS.



CORRECT

53 471

2 600.5

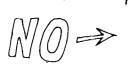
1.05107

INCORRECT

53,471

2,600.

1,051,07





A ZERO PRECEDES THE DECIMAL POINT IF THE NUMBER) IS LESS THAN 1.



CORRECT

0.560

0.017



, מים,





METRIC SYSTEM

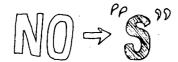
Rules to Follow....

SYMBOLS ARE NOT PLURAL, NO MATTER HOW MANY.

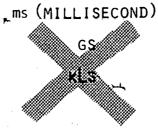


CORRECT

m (METERS)



INCORRECT



LEAVE A SPACE BETWEEN NUMBER AND SYMBOL.



CORRECT

25 mg

1.050 mm

0.5 L

INCORRECT

25mg

1.050mm

SPACE.

METRIC SYSTEM

RULES TO FOLLOW....

Symbols are NOT followed by periods (TO AVOID CONFUSION WITH DECIMAL POINTS).

CORRECT INCORRECT

25 m

370 kg

250 cm

250 e.m.

NO PP 95

ALL SYMBOLS ARE SMALL LETTERS, EXCEPT FOR LITER IS "L". (LOWER CASE $1\,$ LOOKS LIKE A NUMBER 1.)

CORRECT

INCORRECT

M(MILLI)

C(CENTI)

C(CENTI)

L(LITER)

MO => PP 99

METRIC SYSTEM.

RULES TO FOLLOW....

WHEN BOTH METRIC AND ENGLISH UNITS ARE USED, SHOW THE NONMETRIC UNITS IN PARENTHESES.

CORRECT

76.2 mm (3 in.)

450 kg (990 1b.)

.5 mL (0.17 oz.)

USE

INCORRECT

76.2 mm-3 in.

990 **bs** (450 kg)

5 m 2 0 22 oz.

· AVOID COMMON FRACTIONS. USE DECIMAL FRACTIONS FOR QUANTITIES FEWER THAN ONE.



CORRECT

0.25 mg

3.50 km

NO 4

INCORRECT

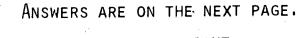
METRIC SYSTEM

REVIEW IV.

DO YOU REMEMBER THE RULES?

MARK THE FOLLOWING EXAMPLES EITHER RIGHT OR WRONG AND BRIEFLY EXPLAIN WHICH RULE HAS BEEN VIOLATED.

- 1. 2,000,011
- 2. 0.017
- 3. ms
- 4. 25mg
- 5. 25 m.
- 6. m
- 7. 5 mL (0.17 oz.)
- 8. ¼ mg
- 9. 53 471
- 10. 0.5L



IF YOU GOT THEM ALL RIGHT,

CONTINUE ON.

IF NOT, GO BACK AND REVIEW.





REVIEW IV. ANSWER KEY

1.	WRONGNO COMMAS
2.	RIGHTZERO PRECEDES DECIMAL IF LESS THAN 1.
3.	WRONGNO PLURALS SHOULD BE USED.
4.	WRONGLEAVE SPACE BETWEEN NUMBER AND SYMBOL.
5.	WRONGSYMBOLS ARE NOT FOLLOWED BY A PERIOD.
6.	RIGHTsymbols are small Letters.
7.	RIGHTBOTH SYSTEMS USED, NONMETRIC IN PARENTHESES
8.	WRONGNO FRACTIONS
9.	RIGHTno commas
.0.	WRONGNO SPACE BETWEEN NUMBER AND SYMBOL



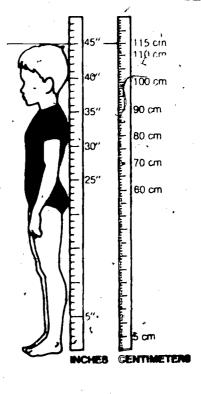
TOOLS OF THE TRADE.....

LINEAR MEASUREMENTS

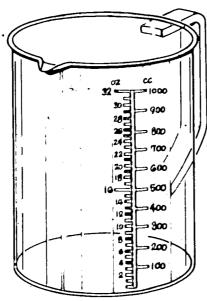
METERSTICK....OR....TAPE....OR....RULER....



' VOLUME

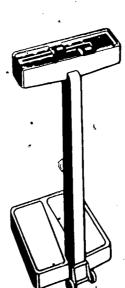


MEASURING CUP OR GRADUATE



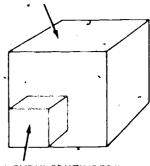
WEIGHT OR MASS

SCALES .



ACTUAL SIZE OF CUBIC INCH AND GUBIC CENTIMETER

1 CUBIC INCH



1 CUBIC CENTIMETER



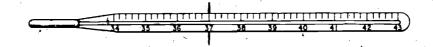
26

TEMPERATURE.

THERMOMETER IN CELSIUS (CENTIGRADE)

AVERAGE NORMAL BODY TEMPERATURE

Normal BODY TEMPERATURE IS 37°C.



MEDICAL MEASURING

IN DOCTORS' OFFICES, SCALES ARE GENERALLY IN POUNDS AND NEED TO BE CONVERTED TO KILOGRAMS.

MEDICATIONS ARE ALREADY CONVERTED TO THE METRIC SYSTEM.

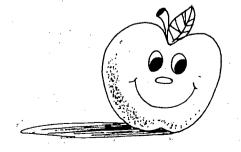
BLOOD PRESSURE IS ALREADY IN MILLIMETERS OF MERCURY.

WEIGHT CONTROL DIETS ARE DESIGNED FOR GRAMS PER DAY.

REVIEW V.

DO YOU REMEMBER?

- 1. WHAT UNITS SHOULD APPEAR ON SCALES FOR MEASURING WEIGHT OR MASS?
- 2. WHAT IS THE MEDICAL TERM FOR A MEASURING CUP?
- 3. WHAT DOES THE METERSTICK REPLACE?
- 4. THE NORMAL BODY TEMPERATURE IN THE METRIC SYSTEM IS ______



Answers are on the next page.

IF YOU GOT THEM ALL RIGHT,

CONTINUE ON.

IF NOT, GO BACK AND REVIEW.



REVIEW V.

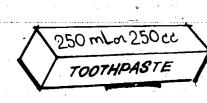
ANSWER KEY

- 1. GRAMS OR KILOGRAMS
- 2. GRADUATE
- 3. RULER OR YARDSTICK
- 4. 37°C

MEASURING VOLUME

CUBIC CENTIMETER (cc)

- * LIQUID MEASURE
- * SMALL AMOUNTS





EXAMPLES....





- * LIQUID MEASURE
- * LARGER AMOUNTS EXAMPLES....

OR MILLILITER, (ML)

,			•
APPROXIMATE	ACTUAL		14
1 mL	1 mL	EQUALS	な TEASPOON
15 mL	14 mL	EQUAL	1 TABLESPOON
30 mL	29 mL	EQUAL	1 ounce
500 mL	480 mL	EQUAL	1 PINT
1000 mL	960 mL	EQUAL	1 QUART
4000 mL	3840 mL	EQUAL	1 GALLON

AN 8 OUNCE GLASS OF MILK EQUALS 240 mL.

A HALF GALLON OF MILK IS 2000 mL.

ONE TEASPOON OF LIQUID IS 4 mL.

A 4 OUNCE GLASS OF JUICE IS 120 mL.

A 6 OUNCE CUP OF COFFEE-IS EQUAL TO $180\ \text{mL}_{\odot}$

1 L EQUALS 1.06 QUART.

THE AVERAGE LARGE BOTTLE OF COLA IS 2

NOTE: Although "cc" is commonly used in the United States for cubic centimeters, the international symbol is "cm3" and May be used interchangeably With "ml."

REVIEW VI.

DO	YOU	REI	ME	MBI	ER?
----	-----	------------	----	-----	-----

	SMALLER LIQUID MEASURES ARE MEASURED IN
	WHILE LARGER AMOUNTS ARE MEASURED IN
2.	WHAT IS THE METRIC LIQUID MEASUREMENT OF A LARGE BOTTLE OF COLA?
3.	CALCULATE THE FOLLOWING TO CUBIC CENTIMETERS:
**	A. 2 OUNCES OF EGGNOG IS
	B. 7 OUNCES OF PINEAPPLE JUICE IS
	c. 5½ ounces of water is
	D. 1 PINT OF ALCOHOL IS
	E. 2 TEASPOONS OF MEDICINE IS
	F. 3 GALLONS OF CHOCOLATE MILK IS
	G. 6½ OUNCES OF SOUP IS
	H. 1½ PINTS IS
4.	ANOTHER NAME FOR CUBIC CENTIMETER IS

ANSWERS ARE ON THE NEXT PAGE,

IF YOU GOT THEM ALL RIGHT,

CONTINUE ON.

IF NOT, GO BACK AND REVIEW.





REVIEW VI.

ANSWER KEY

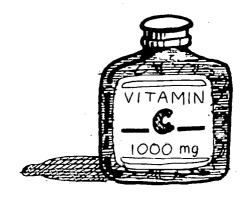
- 1. CUBIC CENTIMETERS (cc)
 LITER (L)
- 2. 2 LITERS
- 3. A. 60
 - в. 210
 - c. 165
 - p. 500
 - E. 8
 - F. 12 0**00**
 - G. 195
 - н. 750
- 4. MILLILITER (mL)

MEASURING MASS

MILLIGRAM (mg)



- A VERY SMALL QUANTITY OF MASS
- ABOUT 1 GRAIN OF SALT
- USED IN CHEMISTRY AND MEDICINE



GRAM (g)



- SMALL WEIGHTS
- 1 g EQUALS 0.035 OUNCE
- 1 ounce equals 30 9



5 g





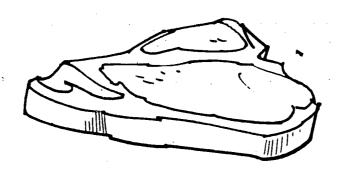


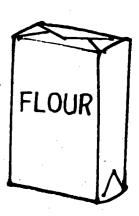
MEASURING MASS

KILOGRAM (kg)

- MEDIUM WEIGHTS
- 1 kg EQUALS 2.2 POUNDS







METRIC TON (t).

- HEAVY WEIGHTS
- 1 t EQUALS 1.1 U.S. TONS



REVIEW VII.

n	0	Y	ΛI	1	R	F	M	F	М	R	F	R	?

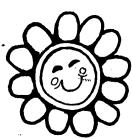
1.	SMALL WEIGHTS IN THE METRIC SYSTEM ARE MEASURED IN	
2.	KILOGRAMS ARE USED TO MEASUREWEIGHTS.	
3.	AUTOMOBILES ARE WEIGHED IN METRIC	
4.	CALCULATE THE FOLLOWING:	
,,	A. 3 kg EQUAL POUNDS.	
-	B. 6 g EQUALOUNCES.	
	c. 0.070 ounces equalg	
	D. 4.4 POUNDS EQUALkg.	
5.	A VERY SMALL QUANTITY OF WEIGHT, LIKE A GRAIN OF SALT, IS	CALLED

Answers are on the Next Page.

IF YOU GOT THEM ALL RIGHT,

CONTINUE ON.

IF NOT, GO BACK AND REVIEW.



REVIEW VII.

ANSWER KEY

- 1. GRAMS (g)
- 2. MEDIUM
- 3. Tons
- 4. A. 6.6
 - в. 0.210
 - c. 2
 - D. 2
- 5. MILLIGRAM (mg)

MEASURING LENGTH



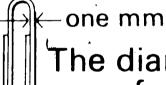
- * SMALL DIMENSION
- * 1 INCH OR LESS
- * 1 mm EQUALS 0.04 INCH

one mm
The thickness of a pumpkin seed

The thickness of a dime

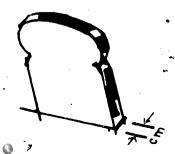
CENTIMETER (cm)

- DAILY PRACTICAL USE
- * 30 cm EQUAL 1 FOOT



The diameter of wire of a paper clip

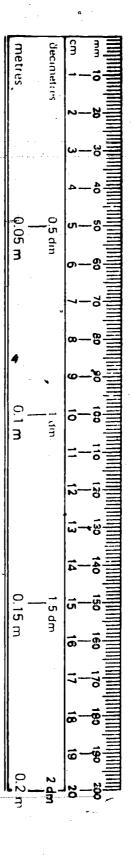






USE THIS PIECE OF PAPER WITH THE MEASURING EDGE TO MEASURE THE ITEMS ON THE FOLLOWING PAGE.





PRACTICE USING THE CENTIMETER (cm)

ACJI	UAL MEASURE (WRITE ON WORKSHEET)
1.	HOLD THE METRIC RULER AGAINST THE WIDTH OF YOUR THUMBNAIL. HOW WIDE IS IT?cm
2	MEASURE YOUR THUMB FROM THE FIRST JOINT TO THE END cm
3.	Use the METRIC RULER TO FIND THE WIDTH OF YOUR PALM cm
4.	MEASURE YOUR INDEX OR POINTING FINGER. How LONG IS IT?
EST	IMATE MEASUREMENTS ESTIMATE ACTUAL
1.	LENGTH OF YOUR PENCIL cm cm
2.	WIDTH OF A SHEET OF PAPER
3.	WIDTH OF YOUR SHOE SQLEcmcm
PRAC	CTICING THE MILLIMETER (mm)
ĄCTI	JAL MEASURE .
1.	THE WIDTH OF YOUR FINGERNAIL ,mm
2.	YOUR THUMB FROM THE FIRST JOINT TO THE END mm
	THE WIDTH OF YOUR PALM
4	YOUR INDEX OR POINTING FINGER



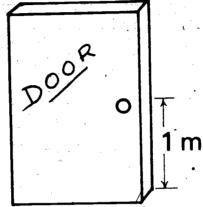
EST	IMAȚE MEASUREMENTS		ESTIMATE	ACTUAL.
1,	LENGTH OF YOUR PENCIL	ک	m	mm
2.	WIDTH OF A SHEET OF PAPER		mm	mm
3.	WIDTH OF YOUR SHOE SOLE	•	.	mm

TAKE YOUR ANSWERS TO YOUR INSTRUCTOR TO SEE IF YOU HAVE CALCULATED CORRECTLY.

MEASURING LENGTH



- * LARGER MEASUREMENTS
- * 1 mm EQUALS 39.37 INCHES.

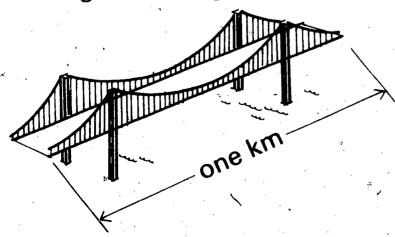




- * GREATER DISTANCES
- * 1 km EQUALS 0.6 MILES.



George Washington Bridge





MEASURING TEMPERATURE		Y
CELSIUS	<u>vs</u>	FAHRENHELT
100	WATER BOILS	212
37	NORMAL BODY TEMP	98.6
0	WATER FREEZES	32
Heat wave Room Hating John Shating Very	40° C 20° C 212-1-100 Water boils 160-60 98.61-37 Normal back temperature 1-20 32-1-0 Water freezes 0-1-20 -40-40	41°C 40°C High fever 39°C Significant fever 38°C Low-grade fever 37°C 35°C 35°C

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TEMPERATURE CONVERSIONS

To change Fahrenheit to Celsius, subtract 32, then multipy by 5/9.

EXAMPLES:

THE F TEMPERATURE IS 98.6 -32.0 66.6

THEN

$$\frac{66.6}{1}$$
 χ $\frac{5}{9}$ = $\frac{333.0}{9}$ = 37° C

THE F TEMPERATURE IS 100.47
- 32.0
68.4

THEN....

$$\frac{68.4}{1}$$
 χ $\frac{5}{9}$ = $\frac{342.0}{9}$ = $38^{\circ}C$

THE F TEMPERATURE IS 102.0 70.0 70.0

THEN....

$$\frac{70}{1}$$
 χ $\frac{1}{9}$ = $\frac{350}{9}$ = 38.8° C

REVIEW VIII.

DO YOU REMEMBER?

- 1. WHAT IS THE NORMAL BODY CELSIUS TEMPERATURE?
- 2. WATER FREEZES AT ______ DEGREE CELSIUS.-
- 3. 100 DEGREE CELSIUS IS WHEN _____
- 4. CALCULATE THE FOLLOWING:
 - а. 99.2⁰F. т<u>о</u> С
 - в. 103.4^оF. т<u>о</u> С
 - с. 98.2⁰F. т<u>о</u>____С
 - D. 102.6°F. то_____С
 - E. 101.8⁰F. т<u>о</u> С

Answers are on the next page.

IF YOU GOT THEM ALL RIGHT,

CONTINUE ON.

IF NOT, GO BACK AND REVIEW.



REVIEW VIII.

ANSWER KEY

- 1. 37 degrees
- 2.
- 3. water boils

 $\frac{67.2}{1}$ then

$$\frac{5}{0}$$
 =

$$\frac{336.0}{9} = 37.3^{\circ}$$
C

then

$$\frac{71.4}{1}$$

$$\frac{5}{2}$$
 $\frac{35}{2}$

357.0 9

then

$$\frac{66.2}{1}$$

331.0

then

$$\frac{70.6}{1}$$

X

<u>353.0</u> 9

e. 101.8 -<u>32</u> 69.8

then

 $\frac{69.8}{1}$

 $\chi = \frac{5}{9}$

 $\frac{349.0}{9} = 38.8^{\circ}$ C

GIVE THIS BOOKLET TO YOUR TEACHER WITH YOUR COMPLETED WORK SHEETS, AND PICK UP THE COMPLETION TEST FOR THE METRIC SYSTEM.

HAVE A @ HAPY DAY!

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