



Metric units of mass: kilograms and grams

Grade 4 Measurement Worksheet

Note: 1 kilogram (kg) = 1,000 grams (gm)

Convert kilograms to grams

1. 0.76 kg = _____ g
2. 7.0 kg = _____ g
3. 4 kg = _____ g
4. 3.8 kg = _____ g
5. 0.94 kg = _____ g
6. 3.3 kg = _____ g
7. 88 kg = _____ g
8. 35 kg = _____ g
9. 0.05 kg = _____ g
10. 7.2 kg = _____ g

Convert grams to kilograms

11. 30,000.0 g = _____ kg
 12. 200.00 g = _____ kg
 13. 300,000 g = _____ kg
 14. 50,000 g = _____ kg
 15. 40,000 g = _____ kg
 16. 8,000.0 g = _____ kg
 17. 90,000 g = _____ kg
 18. 1,000.00 g = _____ kg
 19. 10,000 g = _____ kg
 20. 400,000 g = _____ kg
- _____



Metric units of mass: kilograms and grams

Grade 4 Measurement Worksheet

Note: 1 kilogram (kg) = 1,000 grams (gm)

Convert kilograms to grams

1. 0.76 kg = 760 g
2. 7.0 kg = 7,000 g
3. 4 kg = 4,000 g
4. 3.8 kg = 3,800 g
5. 0.94 kg = 940 g
6. 3.3 kg = 3,300 g
7. 88 kg = 88,000 g
8. 35 kg = 35,000 g
9. 0.05 kg = 50 g
10. 7.2 kg = 7,200 g

Convert grams to kilograms

11. 30,000.0 g = 30 kg
12. 200.00 g = 0.2 kg
13. 300,000 g = 300 kg
14. 50,000 g = 50 kg
15. 40,000 g = 40 kg
16. 8,000.0 g = 8 kg
17. 90,000 g = 90 kg
18. 1,000.00 g = 1 kg
19. 10,000 g = 10 kg
20. 400,000 g = 400 kg