**Metric system** - The system used by scientists all over the world

**Length and Distance**

- Measured in meters
  - Basic unit = meters (m) — meter stick
  - Smallest unit = millimeter (mm) — width of a paperclip
  - Longest unit = kilometer (km) — little more than a half mile

**Volume** - Measures the amount of space an object takes up

- Basic unit = liter (L)
- Smallest unit = milliliter (mL)
- 1000 mL = 1
- Use graduated cylinder to measure liquids

**Temperature** - Measures amount of heat energy (thermal energy) in a substance

- Metric unit of temperature = Celsius (C)
  - Freezing = 0°C
  - Boiling = 100°C
  - Room temperature = 20°C
  - Very hot day = 30°C

**Mass** — Measures the amount of matter in an object

- Measure with a triple beam balance
- Basic unit = Kilogram (kg)
- 1 gram (g) = paperclip
- 1 g = 1000 milligrams (mg)
- 1000 g = 1 kg