

WORKSHEET 1: Grams or Kilograms? (Unit Identification)

Circle **g** or **kg** for each item.

1. A pencil – g / kg
2. A watermelon – g / kg
3. A loaf of bread – g / kg
4. A school bag with books – g / kg
5. An eraser – g / kg
6. A packet of rice – g / kg
7. A chocolate bar – g / kg
8. A bicycle – g / kg
9. A bag of flour – g / kg
10. A coin – g / kg
11. A laptop – g / kg
12. A packet of biscuits – g / kg
13. A pillow – g / kg
14. A spoon – g / kg
15. A sack of potatoes – g / kg
16. A textbook – g / kg
17. A banana – g / kg
18. A school chair – g / kg
19. A phone – g / kg
20. A toy truck – g / kg

WORKSHEET 2: Reading Supermarket Packaging

Write **g** or **kg**, then circle if the item is **light** or **heavy**.

1. Sugar – 1 _ (light / heavy)
2. Butter – 250 _ (light / heavy)
3. Apples – 2 _ (light / heavy)
4. Cheese – 500 _ (light / heavy)
5. Rice – 5 _ (light / heavy)
6. Yogurt – 170 _ (light / heavy)
7. Potatoes – 3 _ (light / heavy)
8. Flour – 1 _ (light / heavy)
9. Chocolate – 90 _ (light / heavy)
10. Onions – 2 _ (light / heavy)
11. Coffee – 200 _ (light / heavy)
12. Salt – 1 _ (light / heavy)
13. Pasta – 500 _ (light / heavy)
14. Frozen peas – 750 _ (light / heavy)
15. Dog food – 10 _ (light / heavy)
16. Cereal – 800 _ (light / heavy)
17. Tea – 100 _ (light / heavy)
18. Honey – 450 _ (light / heavy)
19. Jam – 300 _ (light / heavy)
20. Noodles – 225 _ (light / heavy)

WORKSHEET 3: Using Benchmarks (500 g & 1 kg)

Tick the correct box: **Lighter than 500 g**, **About 500 g**, **About 1 kg**, or **Heavier than 1 kg**.

1. Apple
2. Book
3. School bag
4. Brick
5. Pair of shoes
6. Bag of rice
7. Lunch box
8. Pillow
9. Laptop
10. Watermelon
11. Packet of biscuits
12. Chair
13. Football
14. Bag of sugar
15. Toy car
16. Pen
17. Backpack
18. Vase
19. Shoe
20. Bag of flour

WORKSHEET 4: Estimate the Mass

Write your estimate and the unit (**g** or **kg**).

1. A pencil weighs about
2. A textbook weighs about
3. A banana weighs about
4. A school chair weighs about
5. A lunch box weighs about
6. A packet of chips weighs about
7. A backpack with books weighs about
8. A shoe weighs about
9. A bag of rice weighs about
10. A pillow weighs about
11. A phone weighs about
12. A watermelon weighs about
13. A coin weighs about
14. A bag of flour weighs about
15. A toy truck weighs about
16. An eraser weighs about
17. A spoon weighs about
18. A pillowcase weighs about
19. A football weighs about
20. A small cat weighs about

WORKSHEET 5: Choose the Better Unit

Write **grams** or **kilograms**.

1. The mass of a paperclip –
2. The mass of a dog –
3. The mass of a school desk –
4. The mass of a chocolate bar –
5. The mass of a suitcase –
6. The mass of a pencil case –
7. The mass of a sack of rice –
8. The mass of a coin –
9. The mass of a bicycle –
10. The mass of a loaf of bread –
11. The mass of a sofa –
12. The mass of an apple –
13. The mass of a lunch box –
14. The mass of a fridge –
15. The mass of a notebook –
16. The mass of a pen –
17. The mass of a backpack –
18. The mass of a shoe –
19. The mass of a cat –
20. The mass of a table –

WORKSHEET 6: ANSWER SHEET (all answers on 1 A4 page)

Worksheet 1: Grams or Kilograms?

1. g 2. kg 3. g 4. kg 5. g 6. kg 7. g 8. kg 9. kg 10. g
2. kg 12. g 13. g 14. g 15. kg 16. kg 17. g 18. kg 19. g 20. g

Worksheet 2: Reading Supermarket Packaging

1. 1 kg (heavy)
2. 250 g (light)
3. 2 kg (heavy)
4. 500 g (light)
5. 5 kg (heavy)
6. 170 g (light)
7. 3 kg (heavy)
8. 1 kg (heavy)
9. 90 g (light)
10. 2 kg (heavy)
11. 200 g (light)
12. 1 kg (heavy)
13. 500 g (light)
14. 750 g (light)
15. 10 kg (heavy)
16. 800 g (light)
17. 100 g (light)
18. 450 g (light)
19. 300 g (light)
20. 225 g (light)

Worksheet 3: Using Benchmarks (500 g & 1 kg)

1. Lighter than 500 g
2. About 500 g
3. Heavier than 1 kg
4. About 500 g
5. About 500 g

6. About 1 kg
7. About 500 g
8. About 500 g
9. About 1 kg
10. Heavier than 1 kg
11. Lighter than 500 g
12. Heavier than 1 kg
13. About 500 g
14. About 1 kg
15. Lighter than 500 g
16. Lighter than 500 g
17. Heavier than 1 kg
18. About 500 g
19. About 500 g
20. About 1 kg

Worksheet 4: Estimate the Mass (sample answers)

1. 5–10 g
2. 300–500 g
3. 100–200 g
4. 3–5 kg
5. 400–700 g
6. 200–300 g
7. 3–6 kg
8. 250–400 g
9. 1–2 kg
10. 300–600 g
11. 150–250 g
12. 3–6 kg
13. 3–6 g
14. 1–2 kg
15. 200–500 g

16. 5–15 g
17. 10–30 g
18. 200–400 g
19. 300–500 g
20. 3–5 kg

Worksheet 5: Choose the Better Unit

1. grams
2. kilograms
3. kilograms
4. grams
5. kilograms
6. grams
7. kilograms
8. grams
9. kilograms
10. grams
11. kilograms
12. grams
13. grams
14. kilograms
15. grams
16. grams
17. kilograms
18. grams
19. kilograms
20. kilograms

Worksheet 6: Explain Your Thinking (Sample Answers)

1. Rice is measured in kilograms because a packet is heavy; grams would give very large numbers.
2. A chocolate bar at 90 g is light.

3. Use kilograms for a chair because it is heavy; grams would be too small and confusing.
4. Yes, 1 kg is heavier than 500 g.
5. Grams fit best for a pencil case because it is light.
6. Supermarkets use grams for small items because they are light and grams give easier numbers.
7. A school bag is more likely to be 800 g (light bag) or 8 kg (very heavy bag); most are closer to 1–3 kg, so 800 g is more realistic for a small bag.
8. A watermelon is heavy, so it is measured in kilograms.
9. The benchmark 500 g and 1 kg helps decide: lighter than 500 g → grams, heavier than 1 kg → kilograms.
10. 1 kg of rice is heavier than 500 g of rice.
11. 700 g is closer to 1 kg than to 500 g.
12. Grams would give very large numbers for heavy items and be confusing.
13. No, a coin is very light; kilograms are too big, so we use grams.
14. We estimate mass by comparing to known items (benchmarks like a 500 g bag of sugar or 1 kg bag of rice).
15. 1 kg of rice is heavier.
16. Example in grams: a chocolate bar. Example in kilograms: a bag of rice.