

Grams and Kilograms

1 Kilogram (1 kg)

How does 1 kilogram feel?

With permission or assistance from an adult:

Find a grocery item that weighs 1 kilogram.

Place the item in your hands to feel its mass.



The mass of the item is shown on the label.

Item Search

Look for 10 items that have their masses written on their labels.

Try to find items that weigh less than 1 kilogram (less than 1000 grams) or more than 1 kilogram.

Record your findings

In the box below, draw the item that you found that has a mass of 1 kilogram.

Draw the items that you found that weigh less than or more than 1 kilogram. Write their masses below.

Less than 1 kilogram



500 g



More than 1 kilogram



2 kg

The abbreviation for kilograms is (kg) and for grams (g).

There are 1000 grams in 1 kilogram.