Estimating and Measuring

Ask an adult if you can look in the food cupboard/fridge.

Select an item and estimate the weight.

Write down the name of the item and its estimated weight but don’t be tempted to look on the package.

Finally, check the actual weight and write it down on this sheet. Only by holding items in your hand will you become better at estimation. We did this for measuring length in school.

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| Item | Estimate | Actual |
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