Pounds and Ounces

You can measure weight in pounds and ounces.

![Image of 1 ounce and 1 pound]

1 ounce 1 pound

A slice of bread weighs about 1 ounce.
A loaf of bread weighs about 1 pound.

Use a balance scale and
1-ounce and 1-pound measures.

Write more than, less than, or about.

Step 1
Estimate.
The pasta will weigh _______ about 1 pound.

Step 2
Measure.
The pasta does weigh _______ about 1 pound.

Write more than, less than, or about.

Complete the table.

<table>
<thead>
<tr>
<th>Container</th>
<th>Estimate</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. paper clip</td>
<td>_______ 1 ounce</td>
<td>_______ 1 ounce</td>
</tr>
<tr>
<td>2. ruler</td>
<td>_______ 1 ounce</td>
<td>_______ 1 ounce</td>
</tr>
<tr>
<td>3. a sneaker</td>
<td>_______ 1 pound</td>
<td>_______ 1 pound</td>
</tr>
<tr>
<td>4. storybook</td>
<td>_______ 1 pound</td>
<td>_______ 1 pound</td>
</tr>
</tbody>
</table>