

A **gram** is a unit of mass in the metric system. It is commonly used to measure small amounts of weight, especially in cooking, science, and everyday activities.

Here are some key points about a gram:

- **Definition:** One gram is defined as one thousandth of a kilogram. In other words, 1 kilogram = 1000 grams.
- **Weight:** A gram measures mass, which is the amount of matter in an object.
- **Common Examples:** A small paperclip weighs about 1 gram. A standard slice of bread typically weighs about 25-30 grams.
- **Usage:** Grams are used worldwide to measure ingredients in cooking, products in packaging, and scientific measurements.

In summary, a gram is a metric unit of mass equal to one-thousandth of a kilogram, used frequently to measure small quantities accurately.