- Biological samples are tiny! Compare the sizes using the scale below!

**Biological scales**

- **1 metre (1 m)**
  - 1 metre / 10^8 metres

- **100 millimetres (100 mm)**
  - 0.1 metres / 10^-1 metres

- **10 millimetres (10 mm)**
  - 0.01 metres / 10^-2 metres / 1 cm

- **1 millimetre (1 mm)**
  - 0.001 metres / 10^-3 metres

- **100 micrometres (100 µm)**
  - 0.0001 metres / 10^-4 metres

- **10 micrometres (10 µm)**
  - 0.00001 metres / 10^-5 metres

- **1 micrometre (1 µm)**
  - 0.000001 metres / 10^-6 metres

- **100 nanometres (100 nm)**
  - 0.000001 metres / 10^-7 metres

- **10 nanometres (10 nm)**
  - 0.0000001 metres / 10^-8 metres

- **1 nanometre (1 nm)**
  - 0.00000001 metres / 10^-9 metres

- **100 picometres (100 pm)**
  - 0.000000001 metres / 10^-10 metres

**How to visual something of each size**

- **The human eye**
- **Light microscope**
- **Electron microscope**

**Representations**

- Baby
- Football
- Tennis ball
- Five pence coin
- Ant
- Flea
- Pollen
- Eukaryotic cell
- Mitochondrion
- Bacteria
- Virus
- Protein
- Molecules
- Atom