**Macro Size**

- **Child**: A child is about 1 meter tall. 1 meter = 1,000,000,000 nm (1 billion nanometers)
- **Hand**: A hand is about 1 decimeter wide. 1 decimeter = 100,000,000 nm (100 million nanometers)
- **Pinky Finger**: A pinky finger is about 1 centimeter wide. 1 centimeter = 10,000,000 nm (10 million nanometers)
- **Peculiar**: A pec is about 1 millimeter wide. 1 millimeter = 1,000,000 nm (1 million nanometers)
- **Strand of Hair**: A hair is about 0.1 (one tenth) of a millimeter wide. 0.1 millimeter = 100,000 nm (100 thousand nanometers)

**Micro Size**

- **Red Blood Cell**: A red blood cell is about 10 micrometers wide. 10 micrometers = 10,000,000 nm (10 thousand nanometers)
- **Bacteria**: A bacteria is about 1 micrometer wide. 1 micrometer = 1,000,000 nm (1 thousand nanometers)
- **Virus**: A virus is about 0.1 (one tenth) of a micrometer wide. 0.1 micrometer = 100 nm (1 hundred nanometers)

**Nano Size**

- **Cell Membrane**: A cell membrane is about 10 nanometers wide. 10 nanometers = 10 nm
- **Sugar Molecule**: A sugar molecule is about 1 nanometer wide. 1 nanometer = 1 nm
- **Atom**: An atom is about 0.1 (one tenth) of a nanometer wide. 0.1 nanometer = 0.1 nm