

# BASIC MATH TIPS

SUGGESTIONS FOR SOLVING  
MATH WORD PROBLEMS



# Suggested Word Problem Tips

- ▶ There are two steps to solving math word problems:
- ▶ Translate the wording into a numeric equation that combines smaller “expressions”

eg. What is the sum of 8 and 9? translates to:

$$8+9=?$$

- ▶ Solve the equation!

# SUGGESTIONS

- ▶ Read the problem entirely get a feel for the whole problem.
  - ▶ List information and the variables you identify  
Attach units of measure to the variables  
(gallons, miles, inches, etc.)
  - ▶ Define what answer you need,  
as well as its units of measure
- 

# SUGGESTIONS cont.....

- ▶ **Work in an organized manner!**
  - ▶ **Working clearly will help you think clearly**
    - Draw and label all graphs and pictures clearly
    - Note or explain each step of your process; this will help you track variables and remember their meanings
  - ▶ **Look for the "key" words (above)**  
Certain words indicate certain mathematical operations:
- 

# BASIC MATH TIPS

**The following test and charts can be found in the Firefighter Information Tutorial Booklet**



## Math expressions (examples):

after you review the keywords, [test yourself](#)

<b>addition: <math>5+x</math></b>	<b>subtraction: <math>5-x</math></b>
<b>multiplication: <math>5*x</math>; <math>5x</math></b>	<b>division: <math>5 \div x</math>; <math>5/x</math></b>
<b>Exercise: ("mouse over" the block for answer)</b>	
<b>Key words for addition +</b> <i>increased by; more than; combined together; total of; sum; added to</i>	
<b>What is the sum of 8 and y?</b>	<b><math>8 + y</math></b>
<b>Express the number (x) of apples increased by two</b>	<b><math>x + 2</math></b>
<b>Express the total weight of Alphie the dog (x) and Cyrus the cat (y)</b>	<b><math>x + y</math></b>

**Key words for Subtraction -***less than, fewer than, reduced by, decreased by, difference of*

What is four less than y	$y - 4$
What is nine less than a number (y)	$y - 9$
What if the number (x) of pizzas was reduced by 6?	$x - 6$
What is the difference of my weight (x) and your weight (y)	$x - y$

**Key words for multiplication \* x or integers next to each other (5y, xy):***of, times, multiplied by*

What is y multiplied by 13	$13y$ or $13 * y$
Three runners averaged "y" minutes. Express their total running time:	$3y$
I drive my car at 55 miles per hour. How far will I go in "x" hours?	$55x$

**Key words for division  $\div$  /***per, a; out of; ratio of; quotient of; percent (divide by 100)*

What is the quotient of y and 3	$y/3$ or $y \div 3$
Three students rent an apartment for \$ "x" /month. What will each have to pay?	$x/3$ or $x \div 3$
"y" items cost a total of \$25.00. Express their average cost:	$25/y$ or $25 \div y$

- ▶ **More vocabulary and key words:**
- ▶ **"Per" means "divided by"**  
as "I drove 90 miles on three gallons of gas,  
so I got 30 miles per gallon."  
(Also 30 miles/gallon)
- ▶ **"a" sometimes means "divided by"**  
as in "When I filled up, I paid \$10.50 for three  
gallons of gasoline,  
so the gas was 3.50 a gallon, or \$3.50/gallon

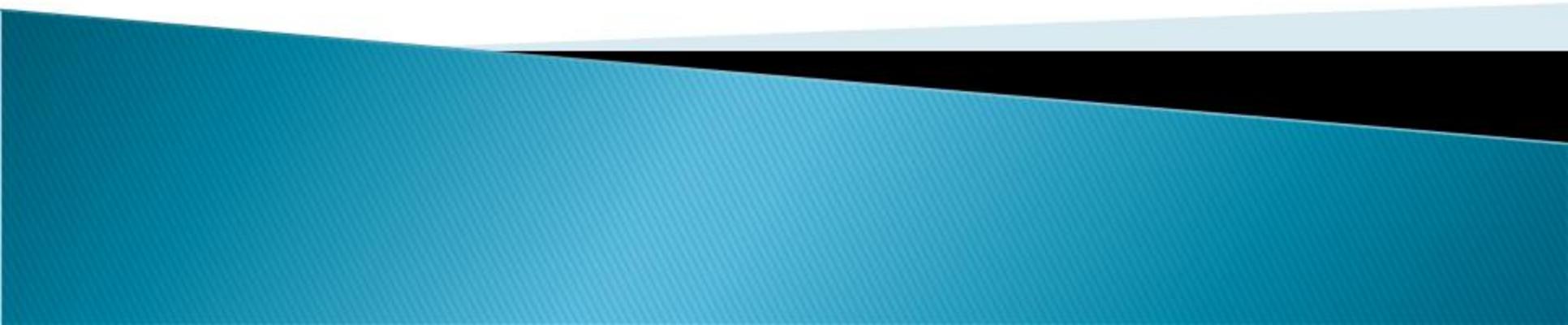
▶ **“LESS THAN”**

If you need to translate "1.5 less than  $x$ ", the temptation is to write " $1.5 - x$ ". DON'T! Put a "real world" situation in, and you'll see how this is wrong: "He makes \$1.50 an hour less than me." You do NOT figure his wage by subtracting your wage from \$1.50. Instead, you subtract \$1.50 from your wage

- ▶ **"quotient/ratio of" constructions**  
If a problem says "the ratio of  $x$  and  $y$ ",  
it means " $x$  divided by  $y$ " or  $x/y$  or  $x \div y$
  
- ▶ **"difference between/of" constructions**  
If the problem says "the difference of  $x$  and  
 $y$ ",  
it means " $x - y$ "

<p>What if the number (x) of children was reduced by six, and then they had to share twenty dollars? How much would each get?</p>	$20/(x - 6)$
<p>What is 9 more than y?</p>	$y + 9$
<p>What is the ratio of 9 more than y to y?</p>	$(y + 9)/y$
<p>What is nine less than the total of a number (y) and two</p>	$(y + 2) - 9$ or $y - 7$
<p>The length of a football field is 30 yards more than its width "y". Express the length of the field in terms of its width y</p>	$y + 30$

# BASIC MATH QUESTIONS



### Item A - Vegetable Chip

<b>Nutrition Facts</b>	
Serving Size 1 oz (28g/about 14 chips)	
Servings Per Container about 8	
Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 80
<b>% Daily Value*</b>	
<b>Total Fat</b> 9 g	<b>14%</b>
Saturated Fat 1 g	5%
<b>Trans Fat</b> 0 g	<b>0%</b>
Cholesterol <b>0 mg</b>	<b>0%</b>
<b>Sodium</b> 150 mg	6%
<b>Total Carbohydrate</b> 16 g	5%
Dietary Fiber 3 g	12%
Sugars 3 g	
<b>Protein</b> 1 g	
Vitamin A 8%	Vitamin C 8%
Calcium 2%	Iron 2%

### Item C - Fruit & Nut Trail Mix

<b>Nutrition Facts</b>	
Serving Size 1/3 cup (44g)	
Servings Per Container about 21	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 40
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5 g	<b>7%</b>
Saturated Fat 2 g	11%
<b>Trans Fat</b> 0 g	<b>0%</b>
Cholesterol <b>0 mg</b>	<b>0%</b>
<b>Sodium</b> 30 mg	1%
<b>Total Carbohydrate</b> 31 g	10%
Dietary Fiber 2 g	8%
Sugars 22 g	
<b>Protein</b> 2 g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 4%

- ▶ 1. Firefighter Harris ate one cup of Fruit & Nut Trail Mix. What percentage of Saturated Fat did she have? (% Daily Value)

A. 6%   B. 11%   C. 33%   D. 21%

### Item A - Vegetable Chips

<b>Nutrition Facts</b>	
Serving Size 1 oz (28g/about 14 chips)	
Servings Per Container about 8	
Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 80
<b>% Daily Value*</b>	
<b>Total Fat</b> 9 g	<b>14%</b>
Saturated Fat 1 g	5%
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- ▶ 1. Firefighter Harris ate one cup of Fruit & Nut Trail Mix. What percentage of Saturated Fat did she have? (% Daily Value)

C. 33%



### Item D – Pretzel Twists

<b>Nutrition Facts</b>	
Serving Size 1 oz. (About 8 pretzels)	
Servings Per Container about 10	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 10
<hr/>	
<b>% Daily Value*</b>	
<b>Total Fat</b> 1 g	<b>1%</b>
Saturated Fat 0 g	0%
<b>Trans Fat</b> 0 g	<b>0%</b>
Cholesterol 0 mg	<b>0%</b>
<b>Sodium</b> 230 mg	10%
<b>Total Carbohydrate</b> 23 g	8%
Dietary Fiber 1 g	4%
Sugars 3 g	
<b>Protein</b> 2 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%

### Item C - Fruit & Nut Trail Mix

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Servings Per Container about 21	
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Cholesterol 0 mg	<b>0%</b>
<b>Sodium</b> 30 mg	1%
<b>Total Carbohydrate</b> 31 g	10%
Dietary Fiber 2 g	8%
Sugars 22 g	
<b>Protein</b> 2 g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 4%

- ▶ 2. She also consumed 12 Pretzel Twists. How many milligrams of Sodium did she have from the Pretzel Twists?

C. 345 mg

### Item D – Pretzel Twists

<b>Nutrition Facts</b>	
Serving Size 1 oz. (About 8 pretzels)	
Servings Per Container about 10	
<b>Amount Per Serving</b>	
<b>Calories</b> 110	Calories from Fat 10
<b>% Daily Value*</b>	
<b>Total Fat</b> 1 g	<b>1%</b>
Saturated Fat 0 g	0%
<b>Trans Fat</b> 0 g	<b>0%</b>
Cholesterol <b>0 mg</b>	<b>0%</b>
<b>Sodium</b> 230 mg	10%
<b>Total Carbohydrate</b> 23 g	8%
Dietary Fiber 1 g	4%
Sugars 3 g	
<b>Protein</b> 2 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%

### Item C - Fruit & Nut Trail Mix

<b>Nutrition Facts</b>	
Serving Size 1/3 cup (44g)	
Servings Per Container about 21	
<b>Amount Per Serving</b>	
<b>Calories</b> 170	Calories from Fat 40
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5 g	<b>7%</b>
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Cholesterol <b>0 mg</b>	<b>0%</b>
<b>Sodium</b> 30 mg	1%
<b>Total Carbohydrate</b> 31 g	10%
Dietary Fiber 2 g	8%
Sugars 22 g	
<b>Protein</b> 2 g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 4%

- ▶ 3. How many more grams of Total Carbohydrates did she have in the Fruit & Nut Trail Mix versus the Pretzel Twists?
- A. 23 g B. 58.5 g C. 34.5 g D. 54 g







### Item B - Rice Cakes

<b>Nutrition Facts</b>	
Serving Size 18 Mini Cakes (30g)	
Servings Per Container about 6	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 45
<b>% Daily Value*</b>	
<b>Total Fat</b> 5 g	<b>8%</b>
Saturated Fat 0.5 g	4%
<b>Trans Fat</b> 0 g	<b>0%</b>
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 410 mg	17%
<b>Total Carbohydrate</b> 21 g	7%
Dietary Fiber 1 g	4%
Sugars 1 g	
<b>Protein</b> 2 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

### Item A - Vegetable Chips

<b>Nutrition Facts</b>	
Serving Size 1 oz (28g/about 14 chips)	
Servings Per Container about 8	
Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 80
<b>% Daily Value*</b>	
<b>Total Fat</b> 9 g	<b>14%</b>
Saturated Fat 1 g	5%
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<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 150 mg	6%
<b>Total Carbohydrate</b> 16 g	5%
Dietary Fiber 3 g	12%
Sugars 3 g	
<b>Protein</b> 1 g	
Vitamin A 8%	Vitamin C 8%
Calcium 2%	Iron 2%

- ▶ 5. Lt. Smith was in a healthy mood so he had about 56 Vegetable Chips. How many grams of protein did he have after eating both the Rice Cakes and the Vegetable Chips?

A. 3 g B. 1.5 g C. 4.5 g D. 9 g

### Item B - Rice Cakes

<b>Nutrition Facts</b>	
Serving Size 18 Mini Cakes (30g)	
Servings Per Container about 6	
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- ▶ 5. Lt. Smith was in a healthy mood so he had about 56 Vegetable Chips. How many grams of protein did he have after eating both the Rice Cakes and the Vegetable Chips?

C. 4.5 g

### Item D – Pretzel Twists

<b>Nutrition Facts</b>	
Serving Size 1 oz. (About 8 pretzels)	
Servings Per Container about 10	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 10
<b>% Daily Value*</b>	
<b>Total Fat</b> 1 g	<b>1%</b>
Saturated Fat 0 g	0%
<b>Trans Fat</b> 0 g	<b>0%</b>
Cholesterol 0 mg	<b>0%</b>
<b>Sodium</b> 230 mg	10%
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Sugars 3 g	
<b>Protein</b> 2 g	
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### Item C - Fruit & Nut Trail Mix

<b>Nutrition Facts</b>	
Serving Size 1/3 cup (44g)	
Servings Per Container about 21	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 40
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<b>Sodium</b> 30 mg	1%
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Sugars 22 g	
<b>Protein</b> 2 g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 4%

- ▶ 6. The Vegetable Chips that Lt. Smith ate had how much more Dietary Fiber than FF Harris' Fruit & Nut Trail Mix and Pretzel Twists combined?

A. 6 g B. 12 g C. 7.5 g D. 4.5 g

### Item D – Pretzel Twists

<b>Nutrition Facts</b>	
Serving Size 1 oz. (About 8 pretzels)	
Servings Per Container about 10	
Amount Per Serving	
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D. 4.5 g

### Item B - Rice Cakes

<b>Nutrition Facts</b>	
Serving Size 18 Mini Cakes (30g)	
Servings Per Container about 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 140	Calories from Fat 45
<hr/>	
<b>% Daily Value*</b>	
<b>Total Fat</b> 5 g	<b>8%</b>
Saturated Fat 0.5 g	4%
<b>Trans Fat</b> 0 g	<b>0%</b>
Cholesterol 0 mg	<b>0%</b>
<b>Sodium</b> 410 mg	17%
<b>Total Carbohydrate</b> 21 g	7%
Dietary Fiber 1 g	4%
Sugars 1 g	
<b>Protein</b> 2 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

### Item A - Vegetable Chips

<b>Nutrition Facts</b>	
Serving Size 1 oz (28g/about 14 chips)	
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<b>Amount Per Serving</b>	
<b>Calories</b> 150	Calories from Fat 80
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<b>% Daily Value*</b>	
<b>Total Fat</b> 9 g	<b>14%</b>
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<b>Total Carbohydrate</b> 16 g	5%
Dietary Fiber 3 g	12%
Sugars 3 g	
<b>Protein</b> 1 g	
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Calcium 2%	Iron 2%

- ▶ 7. FF Johnson was thinking about the Mini Rice Cakes on his way to work and had 36 Mini Cakes as soon as he got to the Firehouse. How many total Calories did he consume?
- A. 140 B. 240 C. 280 D. 210



## Item B - Rice Cakes

### Nutrition Facts

Serving Size 18 Mini Cakes (30g)  
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#### Amount Per Serving

**Calories** 140      Calories from Fat 45

% Daily Value\*

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Cholesterol 0 mg      **0%**

**Sodium** 410 mg      17%

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Dietary Fiber 1 g      4%

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**Protein** 2 g

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## Item D – Pretzel Twists

### Nutrition Facts

Serving Size 1 oz. (About 8 pretzels)  
Servings Per Container about 10

#### Amount Per Serving

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% Daily Value\*

**Total Fat** 1 g      **1%**

Saturated Fat 0 g      0%

**Trans Fat** 0 g      **0%**

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## Item C - Fruit & Nut Trail Mix

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Sugars 22 g

**Protein** 2 g

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Calcium 2%      Iron 4%

- ▶ 8. How much more Sodium did FF Johnson have than FF Harris?  
A. 385 mg B. 435 mg C. 345 mg D. 410 mg

## Item B - Rice Cakes

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**A. 385 mg**

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**Total Fat** 4.5 g      **7%**

Saturated Fat 2 g      11%

**Trans Fat** 0 g      **0%**

Cholesterol 0 mg      **0%**

**Sodium** 30 mg      1%

**Total Carbohydrate** 31 g      10%

Dietary Fiber 2 g      8%

Sugars 22 g

**Protein** 2 g

Vitamin A 0%      Vitamin C 2%

Calcium 2%      Iron 4%

- ▶ 9. FF Johnson bragged to FF Harris that he had eaten less Total Carbohydrates than her. How much less Total Carbs had he eaten?
- ▶ **A.** 34.5 g **B.** 93 g **C.** 43.5 g **D.** 85.5 g



## Item B - Rice Cakes

### Nutrition Facts

Serving Size 18 Mini Cakes (30g)  
Servings Per Container about 6

#### Amount Per Serving

**Calories** 140      Calories from Fat 45

% Daily Value\*

**Total Fat** 5 g      **8%**

Saturated Fat 0.5 g      4%

**Trans Fat** 0 g      **0%**

Cholesterol 0 mg      **0%**

**Sodium** 410 mg      17%

**Total Carbohydrate** 21 g      7%

Dietary Fiber 1 g      4%

Sugars 1 g

**Protein** 2 g

Vitamin A 0%      Vitamin C 0%

Calcium 0%      Iron 0%

## Item D – Pretzel Twists

### Nutrition Facts

Serving Size 1 oz. (About 8 pretzels)  
Servings Per Container about 10

#### Amount Per Serving

**Calories** 110      Calories from Fat 10

% Daily Value\*

**Total Fat** 1 g      **1%**

Saturated Fat 0 g      0%

**Trans Fat** 0 g      **0%**

Cholesterol 0 mg      **0%**

**Sodium** 230 mg      10%

**Total Carbohydrate** 23 g      8%

Dietary Fiber 1 g      4%

Sugars 3 g

**Protein** 2 g

Vitamin A 0%      Vitamin C 0%

Calcium 0%      Iron 8%

## Item C - Fruit & Nut Trail Mix

### Nutrition Facts

Serving Size 1/3 cup (44g)  
Servings Per Container about 21

#### Amount Per Serving

**Calories** 170      Calories from Fat 40

% Daily Value\*

**Total Fat** 4.5 g      **7%**

Saturated Fat 2 g      11%

**Trans Fat** 0 g      **0%**

Cholesterol 0 mg      **0%**

**Sodium** 30 mg      1%

**Total Carbohydrate** 31 g      10%

Dietary Fiber 2 g      8%

Sugars 22 g

**Protein** 2 g

Vitamin A 0%      Vitamin C 2%

Calcium 2%      Iron 4%

- ▶ 10. FF Harris reminded FF Johnson that carbs are ‘Fuel for the Fire Floor’ and that in addition she had eaten more Protein than him as well which would help her build more muscle. How much more protein did she have?

▶ **A. 4 g B. 3 g C. 5 g D. 6 g**

## Item B - Rice Cakes

### Nutrition Facts

Serving Size 18 Mini Cakes (30g)  
Servings Per Container about 6

#### Amount Per Serving

**Calories** 140      Calories from Fat 45

% Daily Value\*

**Total Fat** 5 g      8%

Saturated Fat 0.5 g      4%

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Cholesterol 0 mg      0%

**Sodium** 410 mg      17%

**Total Carbohydrate** 21 g      7%

Dietary Fiber 1 g      4%

Sugars 1 g

**Protein** 2 g

Vitamin A 0%      Vitamin C 0%

Calcium 0%      Iron 0%

## Item D – Pretzel Twists

### Nutrition Facts

Serving Size 1 oz. (About 8 pretzels)  
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#### Amount Per Serving

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## Item C - Fruit & Nut Trail Mix

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Sugars 22 g

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Calcium 2%      Iron 4%

- ▶ 10. FF Harris reminded FF Johnson that carbs are ‘Fuel for the Fire Floor’ and that in addition she had eaten more Protein than him as well which would help her build more muscle. How much more protein did she have?

C. 5 g