





Helping With Math

USAGRADES

National

Nutrition

Month

Addition of Multi-Digits Numbers

Suitable for students aged 8-11



This pack is suitable for learners aged 8-11 years old or 4th, 5th and 6th graders (USA). The content covers fact files and relevant basic and advanced activities involving multi-digits addition.

Did you know that the National Nutrition Month is celebrated every March? It is created by Academy of Nutrition and Dietetics.



I take 1,450 calories today. How about you?

I take 1,528 calories today.

Question: What is the total calories that they both intake?







2.978 calories



ADDITION OF MULTI-DIGIT NUMBERS



In adding multi-digit numbers:

place the larger addends above the other and write the smaller addends below.

Match up their place value to get the right sum.

If the sum is larger than 9, carry the number out to the next place value.

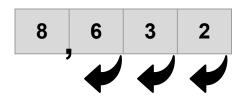


Adding multi-digit numbers without regrouping.



	7	3	2	2
4	1	3	1	0

Start adding from the ones, tens, hundreds, to thousands column.

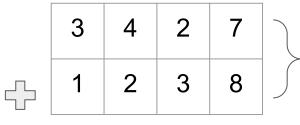


After getting the sum, place comma (,) in the third number to the left if the sum is larger than 3 digits.



Adding multi-digit numbers with regrouping...





4 6 5 5

As you can see, 7 added to 8 is 15. We have to carry the 1 to the tens place and put the 5 to the ones column of the sum. Then, continue adding and applying it.



ADDITION OF MULTI-DIGIT NUMBERS



We are using addition of multi-digits in our daily lives. When we buy foods in the supermarket, we calculate the total price of what we buy, so we are using addition!

The total weight of the 2 grocery bags is...



Most of the calories are from these grams of carbohydrates..



Did you know?

Strawberries contain more Vitamin C than oranges.

What is the sum when 5,734 is added to 2,236?

5,734 + <u>2,236</u>



TABLE OF ACTIVITIES

	Ages 8-9 (Basic) 4th Grade		
1	Let's stay hydrated!		
2	Fruity Salad		
3	Flavorful Juice		
4	Nutritious Codes		
5	The more the seeds, the merrier!		
	Ages 9-11 (Advanced) 5th & 6th Grade		
6	Pick Healthier		
7	Food Donation Campaign		
8	What's on your plate?		
9	Free Food Coupons		
10	Nutrition Facts		



LET'S STAY HYDRATED!



Up to 60% of the body is water. Let's sum up the glasses of water we are drinking everyday!





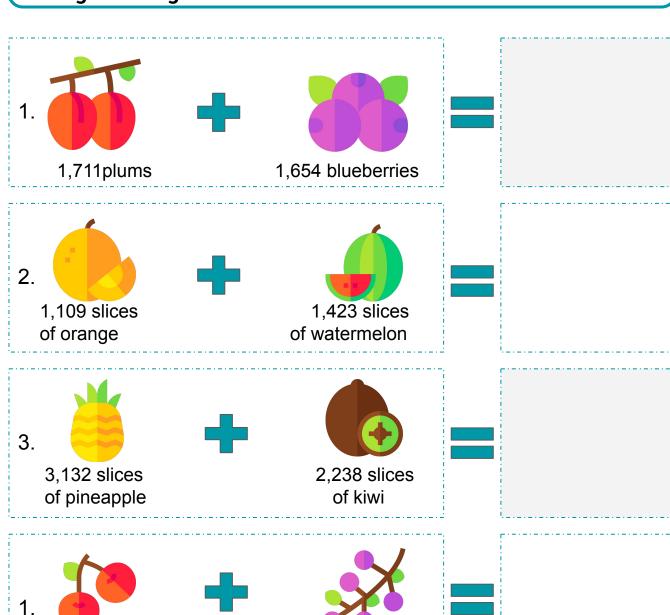




FRUITY SALAD



Fruits are excellent source of essential vitamins and minerals. Color the fruits that we need in our fruit salad while having fun adding multi-digit numbers!



2,238 grapes

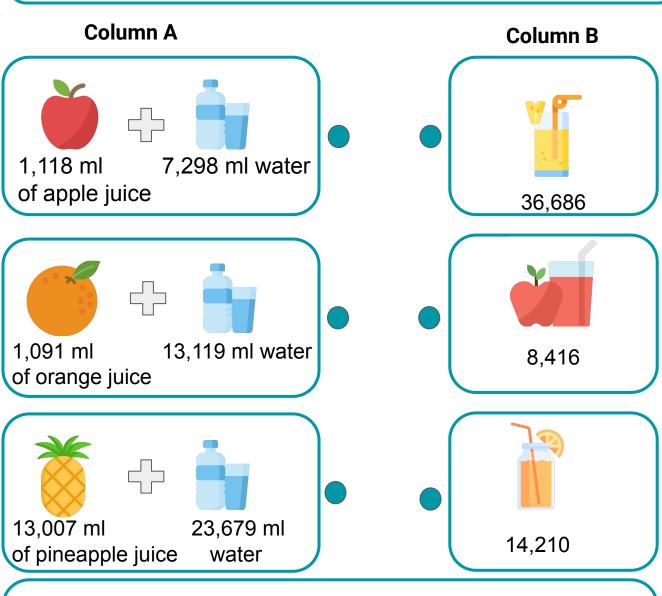
3,132 cherries



FLAVORFUL JUICE



Fruit juice strengthens your immune system. Add the main ingredients of fruit juices in Column A and match them in Column B's finish product. Show your solution in the box below.



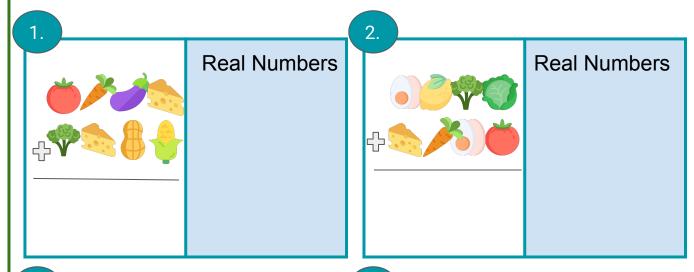
Solution:

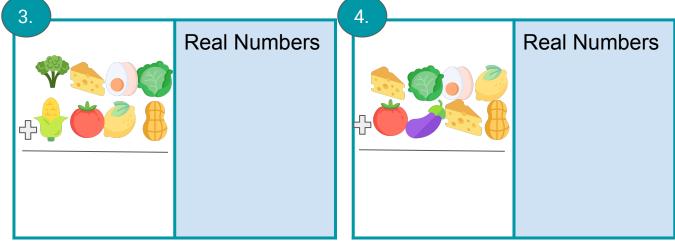
NUTRITIOUS CODES



These are examples of nutritious foods that you must eat. Use the codes and add the numbers below.









THE MORE THE SEEDS, THE MERRIER!



Seeds are great sources of fiber. Let's count and sum up the seeds and beans that the farmers harvested!

1. The farmers harvested 23,576 coffee beans in the morning and 34,172 soy beans in the afternoon. What is the total number of beans that they harvested at the end of the day?



2. The farmers delivered cranberry beans and black turtle beans in the factory via trucks. The first truck delivered 98,192 of cranberry beans while the second truck delivered 87,141 black turtle beans. What is the total number of beans that they delivered in the factory?





Did you know?
Dragon fruit have more seeds than the other fruits.



PICK HEALTHIER



Are you good enough to pick the right foods to eat that are healthy? Apply it in adding multi-digit numbers. Cut and paste the POTATOES if the answer is right and CHIPS if the answer given is wrong.

wrong.			
1,238	4	8,987	10,765
5,121	4	30,294	35,415
12,456	4	18,190	30,646
123,129	4	223,124	354,254
103,578	4	111,980	115,468
CHIPS		CHIPS	CHIPS



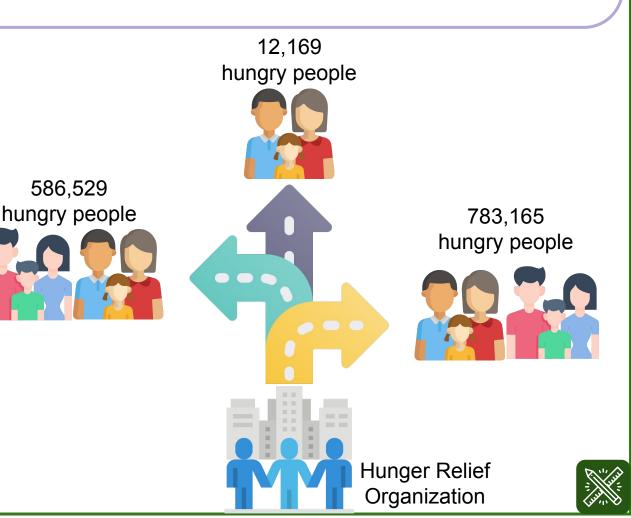
FOOD DONATION CAMPAIGN



8.9% of people around the world are experiencing hunger. Fight hunger! Join our event on giving healthy foods with our Hunger Relief Organization.

Hunger Relief Organization is giving out free healthy foods for hungry people in the three towns. What is the total distribution of free meals in these three towns?

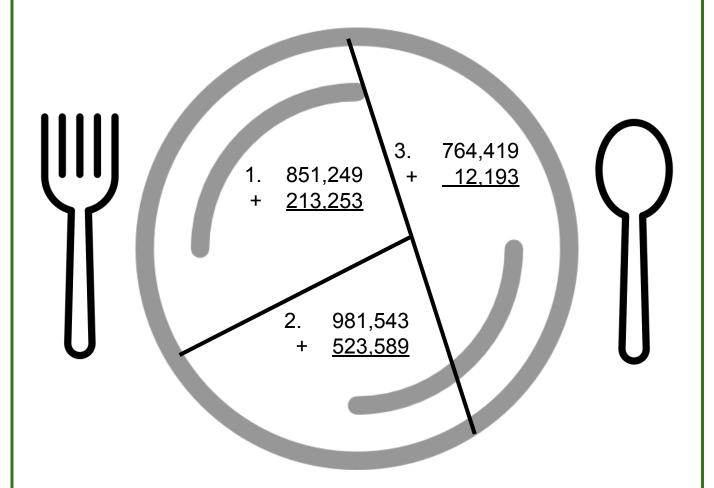
Solution and answer:



WHAT'S ON YOUR PLATE?



Eating healthy foods is good for our health. Sum up the given addition sentences and color it with the exact answers. Using your answers, you will find out what you need to eat on your plate to be nutritious!



1,256,076	1,064,502	776,612	1,505,132
Grains	Vegetables	Fruits	Proteins



FREE FOOD COUPONS



With the celebration of National Nutrition Month, MC Restaurant is giving free coupons! Let's help them know the total coupons that they are giving away.

1. MC Restaurant is giving away free coupons. Last week, they gave away 216,976 coupons for their regular customers. This week, they already gave away 198,764 coupons. And today, they already gave away 19,765 coupons. How many food coupons they have already handed out?

Addition Sentence:

Solution and answer:



2. Last week, 209, 321 customers used the coupons that they received to buy foods from MC Restaurant. This week 129,689 customers used the coupons. And today, 17,236 customers already used the coupons. What is the total coupons used by the customers? Addition Sentence:

Solution and answer:



NUTRITION FACTS



Milk is one of the most nutritious drinks in the world. Learn with the milk's nutrition facts and sum the nutrients we get from it!

Nutrition Facts			
42 servings	per container		
Amount per Calories	serving	190	
Saturated	d Fat 132,982 mg		
<i>Trans</i> Fa	t 187,163 mg		
Total Fat	mg		
Vitamin B12 Calcium Protein	212,109 mg 528,091 mg 412,795 mg		
Total nutrients of vitamins and minerals:			
	mg		



ANSWER GUIDE

Activity 1

Activity 2

1. 3, 074 2. 4, 271 3. 9,767

1. 3,365 2. 2,532 3. 5,370 4. 5,361

Activity 3

1. 8,416

2. 14,210

3.36,686

Activity 4

Activity 5

1. 5,274 2. 5, 879 3. 9,436 4. 4,267

1. 57, 748 2. 185,323

Activity 6

- 1. CHIPS
- 2. POTATOES
- 3. POTATOES

4. CHIPS

5. POTATOES

Activity 7

1. 1, 381, 863 hungry people

Activity 8

1. 1,064, 052

2. 1, 505, 132

3.776,612

Activity 9

1. 435,505 2. 356,246

Activity 10

1. 320, 145 2. 1,152,995



Copyright Notice

This resource is licensed under the <u>Creative Commons</u> <u>Attribution-NonCommercial 4.0</u> International license.

You are free to:

- Share copy and redistribute the material in any medium or format
- Adapt remix, transform, and build upon the material

Under the following terms:

- Attribution You must give appropriate credit, provide a link to the license, and indicate if changes were made. You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use.
- NonCommercial You may not use the material for commercial purposes.

For more information on this license, visit the following link:

http://creativecommons.org/licenses/by-nc/4.0/

Where possible, free-use images are sourced from online repositories such as Wikipedia and Wikimedia Commons. References and sources for images are provided in the speaker notes section of this document.

Thank you!



Thank you

Thank you so much for purchasing and downloading this resource.

We hope it has been useful for you in the classroom and that your students enjoy the activities.

For more teaching and homeschooling resources like this, don't forget to <u>come back</u> and download the new material we add every week!

Thanks for supporting **Helping With Math**. We can provide teachers with low-cost, high-quality teaching and homeschooling resources because of our loyal subscribers and hope to serve you for many years to come.

The Entire Helping With Math Team :)

