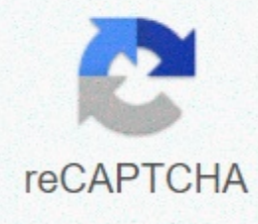




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## Texes math 4-8 study guide

It's easy to think of mathematics as a kind of fairy tale book sorcery -- a powerful secret language known to a few, mastered by inhuman agents (such as the calculator) and at the base of the very fabric of the universe. Although we avoid such hyperbola, the fact remains: many of us are mathematically illiterate in a world that runs on mathematics. When was the last time you seriously crunched some numbers just with pen and paper? In his book *The Geometry of Paradise*, Mark A. Peterson described the people of medieval Europe as a non-thematic culture possessing sophisticated mathematics. The mathematicians of the exit certainly honed their skills, but above all for the sake of mathematical abstractions. They lost few practical applications with it and, according to Peterson, they didn't really understand what mathematics was. Today, the field of mathematics is much more lively than it was in the Middle Ages, but still escapes an alarming number of those who depend on it. On the one hand, math certainly has a way to resolve itself these days through calculators and hastily keyed-in Google searches. However, for many individuals, mathematical anxiety begins with inadequate teaching by non-mathematicians who have difficulty conveying enthusiasm and practicality. Factor in overcrowded classes, and it's no wonder so many students can't hook up to the logical core of math. In fact, only 40 percent of fourth-graders and 34 percent of 8th-grade students in the United States are math experts, according to Arne Duncan, U.S. Education Secretary who speaks to the National Council of Math Teachers in April 2011. The ramifications of mathematical illiteracy are very real. In 2005, the U.S. National Academies identified the decline of the country's mathematical education as having a serious detrimental effect on its scientific, technological, and economic ability [source: Mullich]. Demystify the world of mathematics. A world without mathematics is unimaginable. It's part of who we are. It is the analytical juice of our sinister brain and, in the words of physicist Richard Feynman, even a fool can use it. Here's a quote from the great scientist's book *The Pleasure of Discovering Things*: What we've been able to understand about nature may seem abstract and threatening to someone who hasn't studied it, but it was fools who did it, and in the next generation, all fools will understand that. There is a tendency to pomposity in all this, to make it deep and deep. In this article, we will give a very wide-angle look at the world of numbers. What are they, and what does math really do? Men know the numbers, usually those I remember the score of the first test I did in fifth grade (59, open book), the number of home runs George Foster hit in 1977 (52, and I like Mike Schmidt), the miles my car has on it right now (173,482.6), and the points I scored during my eighth grade basketball season. But when I need to remember the important numbers, the figures of life and death, my brain turns into a strainer. BMI, HDL, LDL, PSA, blood pressure, blood sugar, resting heart rate, target heart rate.... I can't keep everything straight. So I asked the experts: What numbers are essential to a man's health and memorable like Heather Graham's measurements (36-28-34)Here they are: seven numbers that won't win you any bets on the bar, but it can help you lose weight, prevent prostate cancer, and beat heart disease like Vince Ferragamo's career by passing yardage (11,336) could never.24 Almonds.Eat them before dinner and you'll lose weight. A study by Purdue University showed that people who ate nuts high in monounsaturated fat felt full an hour and a half more than sissies who ate rice cakes. With 9 grams of monounsaturated fat, an ounce of almonds is enough to prevent most kids from going ballistic at dinner, the time when they're more likely to stay too long, says Elizabeth Ward, R.D., a nutrition consultant in Massachusetts. And the chances are that the weight you lose will stay out. The researchers found that of two groups of people who lost weight, those who ate a mono-rich diet were still lean after 18 months, while those who went low in fat quickly got up. How to nail that number: Wash the dice with 8 ounces of water; this will prevent you from eating more than 24 before their appetite suppression powers can kick off. Fluid expands fiber into nuts to help you feel fuller, ward says. 7:30 Mile.Check your watch at the end of a mile run. If it shows 7 minutes, 30 seconds or less, you're at low risk of heart attack, says Paul D. Thompson, M.D., director of preventive cardiology at Hartford Hospital in Connecticut. Poor exercise performance is one of the best predictors of heart disease risk, says Dr Thompson, who analyzed research from the Cooper Institute of Aerobics. The faster you can run, the longer you will live. And the higher the volume of stroke in your heart... the blood pumped by beat. Even if you had a heart attack, a higher stroke volume would probably mean you would survive, says Dr Thompson. How to nail that number: practice intervals of a quarter of a mile. Run a little faster than your mile pace for a quarter of a mile, then walk for 3 minutes. Repeat seven more times. Do it twice a week. Quarter-mile intervals are best because you're using a combination of speed and endurance, which makes you faster, says the Thompson. 3 days a week. That's how often you have to lift weights to help prevent diabetes. Finnish researchers found that when men at risk of diabetes train with weights three times a week, their insulin sensitivity improved by 23%, compared to no change in these aerobic workouts. Insulin sensitivity is key to helping your body process sugar (glucose). Unlike endurance training, endurance training results in an increase in A lot. More muscles can help increase glucose disposal, says Edward Horton, M.D., director of clinical research at the Joslin Diabetes Center in Boston. How to nail that number: Do the circuit training program used in Finnish research: go to the gym and train the large muscle groups - back, abdominal, arms and legs - doing eight to 10 repetitions at each training station, resting for 30 seconds and then moving on to the next station. Repeat again twice for a total of three sets. 10 minutes. Spend this amount of time icing after a run to save your knees from osteoarthritis. Weight bearing exercises, such as running or playing basketball, extract blood and a lubricant called synovial fluid to the joints. And that's a good thing. while you're working out. But if the extra synovial fluid and blood stick too long, cartilage can break, and osteoarthritis will eventually develop. That's why post-exercise icing is so critical: Ice causes the extra fluid to escape from the joints, and then the lymphatic system filters it, says Kevin Olds, C.S.C.S., M.S.P.T., a Memphis physiotherapist. How to nail that number: Keep some instant cold packages in your gym bag. (Cramer cold packages cost \$18 for a box of 16.) In a pinch, put a cold can of soda just below the kneecap, right on the patellar tendon. Says Olds. That's where the common line is. (8) Ounces of OJ. Drink so much at breakfast, lunch and dinner to avoid a stroke. Downing OJ - the non-concentrated type - every day is still the easiest way to increase high-density lipoprotein (HDL) cholesterol and, in turn, lower the risk of stroke. When researchers at Columbia University measured the HDL levels of 1,444 people, they found that those with the highest levels had a significantly reduced risk of ischemic stroke, the type that affects most men. HDL cholesterol is the traffic junk truck, says Dr Thompson. If you have a lot of garbage trucks, they can remove all the garbage. This includes garbage that causes helplessness. How to nail that number: Make your stomach easier. If the acidity of the OJ is too much, try the Tropicana Pure Premium Low Acid orange juice. Did you miss a glass? Snacking on a hershey special dark chocolate bar (the normal size of 1.45 ounces), the amount of chocolate that researchers at Pennsylvania State University found increased HDL levels by 4%. 6 Pullups.A fit man weighing between 170 and 200 pounds should be able to do it many. (If you're lighter, that's 10. Heavy? Four.) Pullup is the perfect exercise measure your strength because it forces you to lift your whole body, says Michael Mejia, C.S.C.S., men's health exercise consultant. Men who can do so many shouldn't really encounter too many situations that they can't physically realize. But six means six perfect pullups. Keep your hands apart from the width of your shoulders, palms facing the floor, and legs together. When the chin clears the bar, stops for a count of two, then slowly lowers and repeats. How to nail that number: Put a bench under the bar and do negative pullups. Stand on the bench, grab the bar and then bend your legs so that your feet hang free. Take 5 seconds to lower yourself until your arms are straight. Come back to the bench and repeat three more times. Do two or three sets two or three times a week. These will develop muscles enough to lift you up, mejia says. 2 Portions of fish. Put this on your weekly menu to help the cancer-proof prostate. Researchers at the Karolinska Institute in Stockholm studied the diets of 6,272 men and found that those who did not eat fish had a three-times higher risk of prostate cancer than those who ate it regularly. Omega-3 fatty acids in fish help inhibit the growth of prostate cancer, says Alicia Wolk, M.D., author of the study. Tuna, salmon and sardines all swim in omega-3s. How to nail that number: If Mrs. Paul's is your idea of deep-water dining, take Coromega fish oil supplements. A healthy dose of omega-3s - 350 milligrams (mg) EPA and 230 mg DHA - is obtained in a portion of orange-flavored cream the size of a ketchup-packet. 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