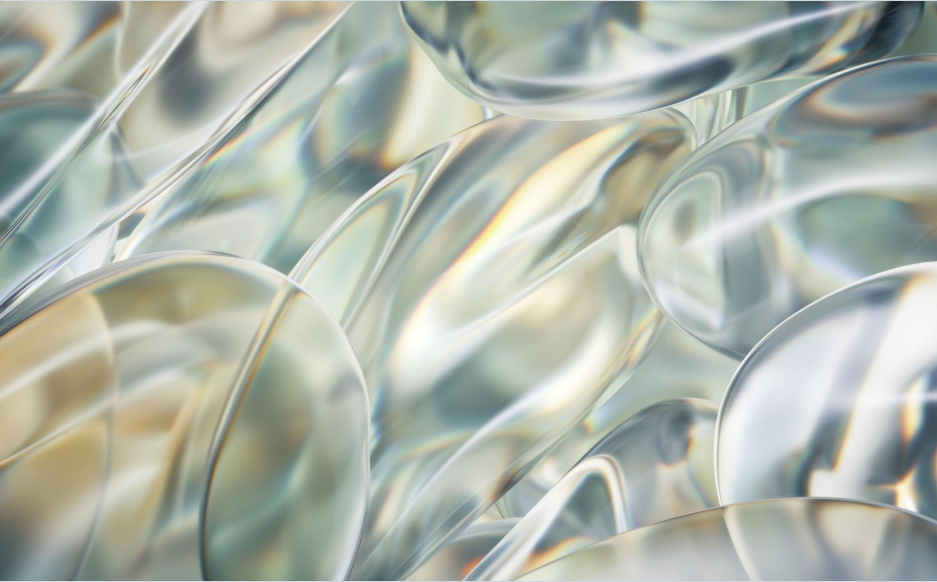


Capstone



Mahmud

Inquiry Question and Objective of the Project

Inquiry Question: How can I improve my teaching and communication skills while understanding children's learning behaviors.

Objective: To develop effective teaching and communication strategies that engage young students.

Artifacts

Nutrition Facts Comprehension Quiz

Directions: Compare the nutritional value of the four items and respond to the questions.

Item A - Vegetable Chips

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

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%

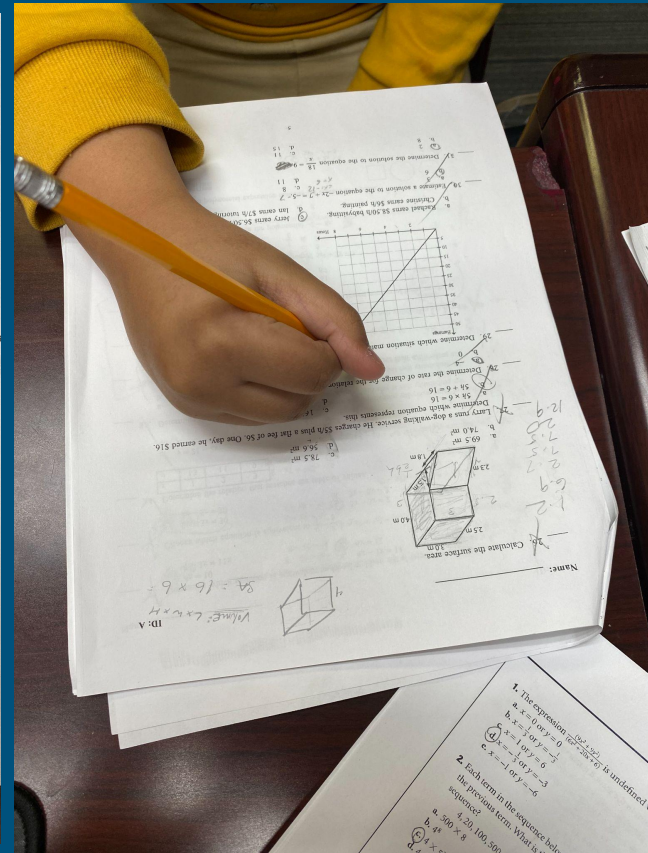
Item B - Rice Cakes

Nutrition Facts	
Serving Size 10 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%

- Which item has the **most sugars** per serving?
 - a. Vegetable Chips
 - b. Rice Cakes
 - c. **Fruit & Nut Trail Mix**
 - d. Pretzel Twists
- Which item has the **fewest calories** per serving?
 - a. Vegetable Chips
 - b. Rice Cakes
 - c. Fruit & Nut Trail Mix
 - d. **Pretzel Twists**
- Which item has the **most total fat** per serving?
 - a. **Vegetable Chips**
 - b. Rice Cakes
 - c. Fruit & Nut Trail Mix
 - d. Pretzel Twists
- Which item contains the **most iron**?
 - a. Vegetable Chips
 - b. Rice Cakes
 - c. Fruit & Nut Trail Mix
 - d. **Pretzel Twists**
- Which item contains the **least iron**?
 - a. Vegetable Chips
 - b. **Rice Cakes**
 - c. Fruit & Nut Trail Mix
 - d. Pretzel Twists
- Which item has the **most saturated fat** per serving?
 - a. Vegetable Chips
 - b. Rice Cakes
 - c. Fruit & Nut Trail Mix
 - d. Pretzel Twists
- Which item has the **most sodium** per serving?
 - a. Vegetable Chips
 - b. Rice Cakes
 - c. **Fruit & Nut Trail Mix**
 - d. Pretzel Twists
- Which item has the **most Vitamin C** per serving?
 - a. **Vegetable Chips**
 - b. Rice Cakes
 - c. Fruit & Nut Trail Mix
 - d. Pretzel Twists
- Which item has the **most fiber** per serving?
 - a. **Vegetable Chips**
 - b. Rice Cakes
 - c. Fruit & Nut Trail Mix
 - d. Pretzel Twists
- Which item has the **greatest amount of Calories from Fat** per serving?
 - a. Vegetable Chips
 - b. Rice Cakes
 - c. **Fruit & Nut Trail Mix**
 - d. Pretzel Twists
- How many grams of carbohydrates are in a serving of item C, the Fruit & Nut Trail Mix?
 - a. 30
 - b. 23
 - c. 3
 - d. **31**
- How many calories from fat are in a serving of item B, the Rice Cakes?
 - a. 140
 - b. 80
 - c. 40
 - d. 45
- What **percent** of the recommended daily allowance of total fat is in a serving of item B, Rice Cakes?
 - a. 5
 - b. **8**
 - c. 0.5
 - d. 4
- Which item contains 230 mg of sodium in each serving?
 - a. Vegetable Chips
 - b. Rice Cakes
 - c. Fruit & Nut Trail Mix
 - d. **Pretzel Twists**
- How many grams of carbohydrates make up 7% of the recommended daily allowance?
 - a. 16
 - b. 7
 - c. **21**
 - d. 31



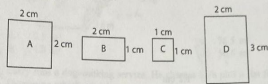
Name: _____

ID: A

18. Evaluate $\sqrt{\frac{225}{324}}$.

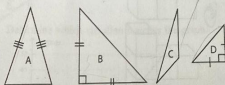
- a. $\frac{18}{15}$
- b. $\frac{225}{324}$
- c. $\frac{15}{18}$
- d. $\frac{75}{108}$

19. Which shapes are similar?



- a. A and C
- b. B and C
- c. B and D
- d. C and D

20. Which two triangles are similar?



- a. A and B
- b. A and C
- c. B and C
- d. B and D

21. A square with side lengths of 15 cm is reduced by a scale factor of 0.8. Determine the side lengths of the new square.

- a. 4 cm
- b. 8 cm
- c. 12 cm
- d. 18.75 cm

22. A plush toy is a scale model of a horse in which 1 cm represents 3 cm. The head on the model is 15 cm long. How long is the head of the real horse?

- a. 15 cm
- b. 45 cm
- c. 30 cm
- d. 60 cm

Name: _____ Class: _____ Date: _____ ID: A

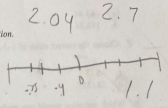
Math 9 Final - Practice Test

Multiple Choice

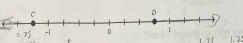
Identify the choice that best completes the statement or answers the question.

1. Which number is not between $-\frac{2}{3}$ and $-\frac{3}{4}$?

- a. $-\frac{4}{5} = -0.8$
- b. $-\frac{13}{20}$
- c. $-\frac{1}{2}$
- d. $-\frac{2}{5}$



2. Which value describes the positions of C and D?



- a. $-\frac{1}{4}$ and $\frac{1}{4}$
- b. $-\frac{1}{4}$ and $\frac{3}{4}$
- c. $\frac{5}{4}$ and $\frac{5}{4}$
- d. -1.2 and 0.75

3. Which of the following rational numbers are equivalent?

A: 2.7, B: 7.2, C: $\frac{27}{10}$, D: $\frac{72}{10}$

- a. A and B
- b. C and D
- c. B and D
- d. A and C

4. Select the symbol that makes the following statement true.

$0 \square -0.4$

- a. >
- b. <
- c. =

5. Evaluate $-4.2 + (-3.8)$.

- a. -8
- b. 8
- c. -0.4
- d. 0.4

6. Calculate the exact answer.

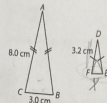
$-2.1 + (-3.33) = 2.01$

- a. -3.24
- b. -3.42
- c. 7.44
- d. 3.33

Name: _____

ID: A

7. Triangles ABC and DEF are similar. What is the length of EF?



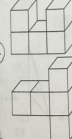
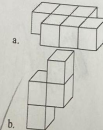
$$\frac{3.2}{8} = \frac{x}{3}$$

6.2

- a. 7.5 cm
- b. 0.9 cm

- c. 1.2 cm
- d. 1.4 cm

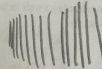
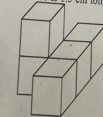
8. Which of these objects cannot be decomposed into two prisms?



a.

b.

9. Each cube is 1.5 cm long. Calculate the surface area.



- a. 11.0 cm²
- b. 42.8 cm²

- c. 49.5 cm²
- d. 40.5 cm²

Summary

Accomplishments:

- Helped students from 1st to 6th grade with homework and worksheets.
- Developed strategies to engage less attentive students by speaking to them nicely and building understanding.
- Observed and learned from the Ifaty teaching approach.

Remains to Be Done:

- Complete the remaining internship sessions.
- Further refine my communication skills with younger students.
- Learn more about teaching techniques that build stronger connections with students.

Reflection

What's Going Well?

- Building good relationships with students and making them feel comfortable.
- Learn how to be patient and friendly communication can improve learning
- Learning effective strategies from the main tutor, such as being a friend to students rather than a strict teacher.
- Becoming more confident and relaxed while teaching, thanks to the support and guidance of Tutor Ifty.

Concerns or Questions:

- I was nervous and awkward in the beginning, afraid I might mess up.
- Managing students who are easily distracted or talk a lot was challenging.
- I still wonder how I can get better at keeping students focused without being strict.
- How can I make learning more fun and interactive for different types of students?
- What are the best strategies for making learning more interactive and engaging?

End Goals

- To improve my teaching and communication skills with children.
- To understand children's learning behaviors and how to adapt teaching methods to meet their needs.
- To gain experience in managing diverse learning styles and challenges in a tutoring environment.

Concl

This capstone project is a valuable learning journey, helping me develop skills that will benefit my future endeavors in education or any profession requiring effective communication and patience. Being part of Ifty's Tutorial not only helped me grow as a teacher but also gave me confidence and joy in working with children.