a) A triathlon is a race which involves a cycling element, a swimming element and a running element.
Terry is taking part in a short triathlon event where:
- the first one third of the race is cycling
- the running element represents one quarter of the total distance.
- the swimming element is a 1km swim.

How long is the triathlon in kilometres?

b) A box of chocolates contains milk, dark and white chocolates.
Two-fifths of the box are milk chocolates and one quarter of the box are white chocolates. The box contains 14 dark chocolates.

How many chocolates are there in the box?

c) Sam has a packet of biscuits.
On Monday, they ate one third of the packet.
On Tuesday, they ate three quarters of the remaining biscuits.
On Wednesday, Sam ate the rest of the packet.

On Wednesday, Sam ate 4 biscuits.

How many biscuits were in the full packet?

BACKWARD FADED MATHS