# **Percent Increase Or Decrease Worksheet**

	Name: Date:
T. College	Increase / Decreasing by a Percentage Solve the problems
1.	Decrease 40 by 10%
2.	Decrease 30 hours by 50%
3.	Decrease 8kgby 25%
4.	Decrease 55cm by 40%
5.	Decrease 64 by 75%
6.	Decrease £3 by 10%
7.	Decrease 1400 by 30%
8.	Decrease 500g by 3%
9.	Decrease 6kgby 5%
10.	Increase £7 by 20%

PERCENT INCREASE OR DECREASE WORKSHEET IS AN ESSENTIAL EDUCATIONAL TOOL DESIGNED TO HELP STUDENTS AND LEARNERS OF ALL AGES UNDERSTAND AND PRACTICE THE FUNDAMENTAL CONCEPTS OF PERCENTAGE CHANGES. WHETHER IN MATHEMATICS, FINANCE, OR EVERYDAY LIFE SITUATIONS, THE ABILITY TO CALCULATE PERCENT INCREASE OR DECREASE IS A CRUCIAL SKILL. THIS ARTICLE AIMS TO PROVIDE VALUABLE INSIGHTS INTO THE CONCEPT OF PERCENT CHANGES, HOW TO CREATE EFFECTIVE WORKSHEETS, AND THE IMPORTANCE OF MASTERING THESE CALCULATIONS.

# UNDERSTANDING PERCENT INCREASE AND DECREASE

PERCENT INCREASE REFERS TO THE AMOUNT BY WHICH A QUANTITY HAS GROWN, EXPRESSED AS A PERCENTAGE OF ITS INITIAL VALUE. CONVERSELY, PERCENT DECREASE MEASURES HOW MUCH A QUANTITY HAS DIMINISHED COMPARED TO ITS ORIGINAL

### FORMULAS FOR PERCENT CHANGE

TO EFFECTIVELY CALCULATE PERCENT INCREASE OR DECREASE, ONE MUST UNDERSTAND THE FORMULAS INVOLVED:

```
1. Percent Increase Formula:
\[
\text{Percent Increase} = \left(\frac{\text{New Value}} - \text{Original Value}}{\text{Original Value}}
\right)\times 100
\]
2. Percent Decrease Formula:
\[
\text{Percent Decrease} = \left(\frac{\text{Original Value}} - \text{New Value}}{\text{Original Value}}
\right)\times 100
\]
```

THESE FORMULAS PROVIDE A STRAIGHTFORWARD WAY TO QUANTIFY THE CHANGES IN VALUES, MAKING IT EASY TO ANALYZE TRENDS OVER TIME.

# CREATING A PERCENT INCREASE OR DECREASE WORKSHEET

A WORKSHEET FOCUSED ON PERCENT INCREASE OR DECREASE CAN BE A GREAT RESOURCE FOR STUDENTS. IT CAN INCLUDE A VARIETY OF EXERCISES THAT RANGE IN DIFFICULTY, ALLOWING LEARNERS TO PROGRESS AT THEIR OWN PACE. HERE'S HOW TO CREATE AN EFFECTIVE WORKSHEET:

# STEP 1: DEFINE THE OBJECTIVES

BEFORE CREATING THE WORKSHEET, IT'S IMPORTANT TO DEFINE ITS OBJECTIVES. THE WORKSHEET SHOULD AIM TO:

- TEACH STUDENTS HOW TO APPLY THE PERCENT FORMULAS CORRECTLY.
- PROVIDE PRACTICE PROBLEMS THAT REINFORCE THE CONCEPTS.
- INCLUDE REAL-LIFE SCENARIOS TO MAKE THE CALCULATIONS RELEVANT.

#### STEP 2: DESIGN ENGAGING PROBLEMS

INCLUDE A MIX OF PROBLEMS THAT REQUIRE BOTH CALCULATIONS OF PERCENT INCREASE AND PERCENT DECREASE. HERE'S A LIST OF PROBLEM TYPES YOU CAN INCLUDE:

- SIMPLE CALCULATIONS (E.G., CALCULATING THE PERCENT INCREASE OF A PRICE FROM \$50 TO \$75).
- Word problems involving real-life situations (e.g., a company's revenue increase).
- VISUAL REPRESENTATIONS SUCH AS GRAPHS OR CHARTS THAT REQUIRE INTERPRETATION.
- PROBLEMS THAT INVOLVE MULTIPLE STEPS, SUCH AS FINDING THE PERCENT CHANGE OF A QUANTITY BEFORE AND AFTER A SERIES OF INCREASES OR DECREASES.

#### STEP 3: PROVIDE CLEAR INSTRUCTIONS

ENSURE EACH PROBLEM INCLUDES CLEAR INSTRUCTIONS. FOR INSTANCE, YOU CAN WRITE:

- "CALCULATE THE PERCENT INCREASE IN PRICE WHEN A PRODUCT'S PRICE RISES FROM \$30 TO \$45."
- "DETERMINE THE PERCENT DECREASE WHEN A STOCK PRICE DROPS FROM \$ 120 TO \$90."

#### STEP 4: INCLUDE ANSWER KEYS

AN ANSWER KEY IS ESSENTIAL FOR SELF-ASSESSMENT. AFTER STUDENTS COMPLETE THE WORKSHEET, THEY CAN CHECK THEIR ANSWERS AGAINST THE KEY. THIS HELPS REINFORCE LEARNING AND ALLOWS THEM TO IDENTIFY AREAS NEEDING IMPROVEMENT.

# BENEFITS OF USING PERCENT INCREASE OR DECREASE WORKSHEETS

WORKSHEETS FOCUSED ON PERCENT CHANGES OFFER NUMEROUS BENEFITS FOR LEARNERS:

#### 1. REINFORCEMENT OF MATHEMATICAL CONCEPTS

PRACTICING PERCENT INCREASE AND DECREASE ENHANCES STUDENTS' UNDERSTANDING OF PERCENTAGES, A KEY MATHEMATICAL CONCEPT. IT ALSO HELPS THEM BECOME FAMILIAR WITH THE PRACTICAL APPLICATIONS OF THESE CALCULATIONS IN REAL-WORLD CONTEXTS.

### 2. DEVELOPMENT OF CRITICAL THINKING SKILLS

MANY PROBLEMS REQUIRE LEARNERS TO THINK CRITICALLY AND APPLY THEIR KNOWLEDGE IN DIFFERENT SCENARIOS. THIS NOT ONLY IMPROVES THEIR PROBLEM-SOLVING SKILLS BUT ALSO ENCOURAGES THEM TO APPROACH MATH WITH A LOGICAL MINDSET.

#### 3. PREPARATION FOR ADVANCED TOPICS

Understanding percent changes lays the foundation for more advanced mathematical concepts, such as ratios, proportions, and statistics. Students who master these basics will find it easier to tackle more complex topics later on.

#### 4. APPLICATION IN REAL LIFE

Percent increase and decrease are common in everyday situations, such as calculating discounts during sales, understanding interest rates, and analyzing financial statements. Mastering these skills will benefit students in their personal and professional lives.

# CHALLENGES AND COMMON MISTAKES

WHILE PERCENT INCREASE AND DECREASE CALCULATIONS SEEM STRAIGHTFORWARD, STUDENTS OFTEN ENCOUNTER CHALLENGES. HERE ARE SOME COMMON MISTAKES TO WATCH OUT FOR:

#### 1. CONFUSING PERCENT INCREASE WITH PERCENT DECREASE

IT'S EASY TO CONFUSE THE TWO CONCEPTS, ESPECIALLY IF STUDENTS DO NOT FULLY UNDERSTAND THE FORMULAS. REINFORCING THE DIFFERENCES THROUGH PRACTICE CAN HELP CLARIFY THESE DISTINCTIONS.

# 2. INCORRECT CALCULATION OF THE ORIGINAL VALUE

STUDENTS MAY MISTAKENLY USE THE NEW VALUE INSTEAD OF THE ORIGINAL VALUE WHEN APPLYING THE FORMULAS. IT'S ESSENTIAL TO EMPHASIZE THE IMPORTANCE OF IDENTIFYING THE CORRECT REFERENCE POINT.

## 3. MISINTERPRETING WORD PROBLEMS

Word problems can be tricky. Students should practice breaking down the problem into manageable parts and identifying the values they need to calculate the percent change accurately.

# CONCLUSION

A WELL-STRUCTURED **PERCENT INCREASE OR DECREASE WORKSHEET** SERVES AS AN INVALUABLE EDUCATIONAL RESOURCE THAT PROMOTES UNDERSTANDING, CRITICAL THINKING, AND PRACTICAL APPLICATION OF MATHEMATICAL CONCEPTS. BY ENGAGING STUDENTS WITH A VARIETY OF PROBLEMS AND SCENARIOS, THESE WORKSHEETS CAN SIGNIFICANTLY ENHANCE THEIR SKILLS IN CALCULATING PERCENT CHANGES. AS LEARNERS BECOME MORE PROFICIENT IN THESE CALCULATIONS, THEY WILL BE BETTER PREPARED FOR ADVANCED MATHEMATICAL TOPICS AND EQUIPPED TO HANDLE REAL-WORLD CHALLENGES INVOLVING PERCENTAGES.

# FREQUENTLY ASKED QUESTIONS

# WHAT IS A PERCENT INCREASE WORKSHEET USED FOR?

A PERCENT INCREASE WORKSHEET IS USED TO HELP STUDENTS OR INDIVIDUALS PRACTICE CALCULATING THE PERCENTAGE INCREASE OF A VALUE, WHICH IS USEFUL IN REAL-WORLD APPLICATIONS LIKE FINANCE, SALES, AND STATISTICS.

#### HOW DO YOU CALCULATE PERCENT INCREASE?

To calculate percent increase, subtract the original value from the New Value, divide by the original value, and then multiply by 100 to get the percentage.

#### WHAT IS A PERCENT DECREASE WORKSHEET?

A PERCENT DECREASE WORKSHEET IS DESIGNED TO HELP LEARNERS PRACTICE CALCULATING THE PERCENTAGE DECREASE OF A VALUE, AIDING IN UNDERSTANDING REDUCTIONS IN CONTEXTS LIKE DISCOUNTS, SALES, OR BUDGET CUTS.

## CAN YOU PROVIDE AN EXAMPLE OF A PERCENT INCREASE CALCULATION?

Sure! If a product's price increases from \$50 to \$75, the percent increase is calculated as ((75 - 50) / 50) 100 = 50%.

# WHAT TYPES OF PROBLEMS ARE INCLUDED IN A PERCENT INCREASE OR DECREASE WORKSHEET?

THESE WORKSHEETS TYPICALLY INCLUDE WORD PROBLEMS, MULTIPLE-CHOICE QUESTIONS, AND REAL-LIFE SCENARIOS REQUIRING CALCULATIONS OF PERCENT INCREASE OR DECREASE.

# ARE PERCENT INCREASE AND PERCENT DECREASE THE SAME?

No, they are not the same. Percent increase refers to a rise in value, while percent decrease refers to a reduction in value, each with a different calculation method.

# WHO CAN BENEFIT FROM USING PERCENT INCREASE OR DECREASE WORKSHEETS?

STUDENTS IN MATH CLASSES, FINANCE PROFESSIONALS, AND ANYONE NEEDING TO UNDERSTAND CHANGES IN VALUES, SUCH AS IN SALES OR BUDGETING, CAN BENEFIT FROM THESE WORKSHEETS.

## WHERE CAN I FIND PERCENT INCREASE OR DECREASE WORKSHEETS?

YOU CAN FIND THESE WORKSHEETS ONLINE THROUGH EDUCATIONAL WEBSITES, MATH PRACTICE PLATFORMS, OR PRINTABLE RESOURCES THAT FOCUS ON MATH SKILLS.

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#### Preparing for a Bone Density Test | Brown University Health

Do not take calcium supplements, Tums, Rolaids, Pepcid, Vitamin D, or multivitamins for 24 hours before your appointment. Take your other medications as prescribed.

#### How To Prepare For A Bone Density Test | The Well by Northwell

There's not much to do to prepare for a bone density test. No clear-liquid diet, unlike a colonoscopy—and no skipping my deodorant in the morning, unlike a mammogram.

#### What To Do Before A Bone Density Test? | Essential Prep Tips

One of the primary considerations before undergoing a bone density test is dietary restrictions. It's generally recommended to avoid calcium-rich foods and supplements for at least 24 hours ...

## Can I drink milk before bone density test? - Chef's Resource

Apr 29, 2024 · Yes, you can generally consume other foods and beverages before a bone density test. However, it is important to follow any specific recommendations provided by your ...

#### How to Prepare for a Bone Density Test - River Family Health

Mar 25, 2025 · Eat and drink normally: There are no dietary restrictions before a bone density test,

so you can eat and drink as usual unless instructed otherwise by your doctor.

### How to prepare for your Bone Density (DEXA) Scan at MFM Health

You may eat and drink normally before and after the test. Avoid taking calcium supplements or multivitamins for at least 24 hours before your exam. Take all other medications as prescribed. ...

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