#### MATHEMATICS N2 CLASS EXERCISE 1

#### OUESTION 1

1.1 Solve the following equations:

1.1.1 = 
$$x^2 + 3x - 2 = 0$$
 by factorisation (3)

1.1.2 
$$6(2-m)-5(4-m)=7$$
 (3)

1.2 Given: the formula  $p = \sqrt[3]{r^2 - q^2}$ 

1.2.2 Calculate the value of 
$$r$$
 if  $p = 4$  and  $q = 6$  (1)

1.3 Solve for x and y in the following simultaneous equations:

$$5x = 6y + 3$$
 and  $3y - 4x + 1 = 0$  (4)

#### **OUESTION 2**

2.1 A man deducted 3 from 5 times his age and got his grandmother's age.

2.2 Given:  $4n^2 - 15n - 47 = 0$ 

2.3 Given:  $H = \frac{7.5U}{273 + V}$ 

(1)

2.3.2 Find the value of 
$$V'$$
 if  $U = 0.5$  and  $H = 0.005$ 

2.4 Given: 8p-1=-2q and 2p+3q=4Solve for p and q

Solve for 
$$p$$
 and  $q$  (4) [13]

#### TOTAL: 27 MARKS

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- 1. Understanding the eBook N2 Mathematics April 2013 Exam Paper
  - The Rise of Digital Reading N2 Mathematics April 2013 Exam Paper
  - Advantages of eBooks Over Traditional Books
- 2. Identifying N2 Mathematics April 2013 Exam Paper
  - Exploring Different Genres
  - o Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an N2 Mathematics April 2013 Exam Paper
  - User-Friendly Interface
- 4. Exploring eBook Recommendations from N2 Mathematics April 2013 Exam Paper
  - Personalized Recommendations
  - N2 Mathematics April 2013 Exam Paper User Reviews and Ratings
  - N2 Mathematics April 2013 Exam Paper and Bestseller Lists

- 5. Accessing N2 Mathematics April 2013 Exam Paper Free and Paid eBooks
  - N2 Mathematics April 2013 Exam Paper Public Domain eBooks
  - N2 Mathematics April 2013 Exam Paper eBook Subscription Services
  - N2 Mathematics April 2013 Exam Paper Budget-Friendly Options
- 6. Navigating N2 Mathematics April 2013 Exam Paper eBook Formats
  - o ePub, PDF, MOBI, and More
  - N2 Mathematics April 2013 Exam Paper Compatibility with Devices
  - N2 Mathematics April 2013 Exam Paper Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of N2 Mathematics April 2013 Exam Paper
  - Highlighting and Note-Taking N2 Mathematics April 2013 Exam Paper
  - Interactive Elements N2 Mathematics April 2013 Exam Paper
- 8. Staying Engaged with N2 Mathematics April 2013 Exam Paper
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers N2 Mathematics April 2013 Exam Paper
- 9. Balancing eBooks and Physical Books N2 Mathematics April 2013 Exam Paper
  - Benefits of a Digital Library
  - $\circ$  Creating a Diverse Reading Collection N2 Mathematics April 2013 Exam Paper
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine N2 Mathematics April 2013 Exam Paper
  - Setting Reading Goals N2 Mathematics April 2013 Exam Paper
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of N2 Mathematics April 2013 Exam Paper
  - Fact-Checking eBook Content of N2 Mathematics April 2013 Exam Paper
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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web apr 19 2022 generally speaking carbohydrate intake ranges from 5 7 g kg of body weight day for general training needs and 7 10 g kg of body weight day for the increased needs of endurance athletes interestingly studies have found that many athletes fail to consume enough carbohydrates to fully replenish muscle glycogen stores

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web mar 25 2019 weight gain meal plan 7 30 or 8 a m 3 4 eggs 2 slices of whole wheat toast with nut butter bowl of fruit glass of milk 11 a m grilled chicken breast or thigh broccoli a cup or more of brown rice with olive oil and nuts 3 p m weight gain high calorie meal plan for athletes ddv culinary - Apr 11 2023

web although the goal is to gain maintain weight with a high calorie meal plan try to eat quality nutrients the majority of the time and limit foods such as fried food processed foods sugary packaged pastries alcohol etc examples of low calorie foods to limit include the following thin bread tortillas wraps

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web apr 4 2023 1 focus on healthy balanced meals for healthy weight gain a balanced healthy meal plan is essential for helping underweight athletes gain weight make sure to include a variety of all the food groups so that nutrients are present consistently throughout the day include the following protein foods eggs lean meats fish beans etc

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