<table>
<thead>
<tr>
<th>5-a-day</th>
<th>Foundation</th>
</tr>
</thead>
</table>

Find the value of the expression

\[3b + a\]
\[c\]
\[a = 5\]
\[b = 7\]
\[c = 10\]

Find the area

```
12cm
```
```
10cm
```

Write down the inequality shown above

```
180 = 2^2 \times 3^2 \times 5
120 = 2^3 \times 3 \times 5
```

What is the HCF of 120 and 180?

What fraction is halfway between

\[\frac{2}{5}\] and \[\frac{9}{10}\]