

Notes on Rates and Unit Rates

- A **RATE** is a measure, amount, or frequency of something happening. It compares 2 different quantities of units. Examples of rates are miles per hour, beats per minute, amount per serving, and amount per pound. Like traveling at 55 mph, or paying \$11 for 2 pounds of hamburger.
- A **UNIT RATE** is a special rate where one of the units being measured is equal to 1. For example, 55 miles in 1 hour, a heart rate of 78 beats in 1 minute.
- To find a unit rate, use the following steps.
 - 1. Set up the rate as you would read it as a fraction. Like 200 miles in 5 hours would be 200 miles / 5 hours.
 - 2. Divide to find the rate per 1 unit. Like 200 miles in 5 hours would equal $200 \div 5 = 40$ miles in 1 hour.