VERMONT

VTCAP

GRADE 6 MATH

Made Ridiculously Simple

A Complete Grade 6 Math Practice Guide with Review, Exercises, and Test-Taking Strategies

LESSONS
Clear explanations you can understand.

EXAMPLES
Step-by-step worked examples.

PRACTICE
Plenty of exercises to build confidence.

TESTS
Practice tests to ace the VTCAP.

Clear lessons. | Warm guidance. | Steady practice. | Deep explanations.

GRADE 6

Vermont VTCAP

MATH STUDY GUIDE

Vermont VTCAP

Grade 6 Math

Made Ridiculously Simple

A Complete Grade 6 Math Practice Guide with Review, Exercises, and Test-Taking Strategies

Lessons **Examples** **Practice** **Tests**

Clear lessons. Warm guidance. Steady practice. Deep explanations.

Reza Nazari

Effortless Math Education

Independent educational publishing

Published by Effortless Math Education

EffortlessMath.com

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means without the prior written permission of the author, except for brief quotations in reviews and uses permitted by copyright law.

Independent Publication Notice

This publication is independently produced and has no official connection to any state, district, or national testing program. Test names and organizational names used herein are the property of their respective trademark holders.

Copyright © 2026 Effortless Math Education Inc.

6.5 Percent Increase and Decrease . . . 87
6.6 Discounts, Tax, and Tips . . . 89
Chapter 6 Practice . . . 91
Chapter 6 Practice Answer Key . . . 93

7 Expressions, Equations, and Inequalities 94
7.1 Writing Algebraic Expressions . . . 95
7.2 Evaluating Expressions . . . 96
7.3 Order of Operations . . . 97
7.4 The Distributive Property . . . 98
7.5 Combining Like Terms . . . 100
7.6 Writing Equations from Word Problems . . . 101
7.7 Solving One-Step Equations: Addition and Subtraction . . . 102
7.8 Solving One-Step Equations: Multiplication and Division . . . 104
7.9 Writing and Graphing Inequalities . . . 105
7.10 Solving One-Step Inequalities . . . 107
Chapter 7 Practice . . . 109
Chapter 7 Practice Answer Key . . . 113

8 Geometry and Measurement 114
8.1 Area of Rectangles and Squares . . . 115
8.2 Area of Parallelograms . . . 116
8.3 Area of Triangles . . . 117
8.4 Area of Trapezoids . . . 119
8.5 Area of Composite Figures . . . 120
8.6 Polygons on the Coordinate Plane . . . 122
8.7 Nets of 3-D Figures . . . 124
8.8 Surface Area of Rectangular Prisms . . . 126
8.9 Surface Area of Triangular Prisms . . . 127
8.10 Surface Area of Pyramids . . . 129
8.11 Volume of Rectangular Prisms . . . 130
8.12 Volume with Fractional Edges . . . 131
Chapter 8 Practice . . . 134

Chapter 8 Practice Answer Key . . . 143

9 Data and Statistics **144**

9.1 Statistical Questions . . . 145
9.2 Mean (Average) . . . 146
9.3 Median and Mode . . . 147
9.4 Range . . . 149
9.5 Mean Absolute Deviation (MAD) . . . 150
9.6 Dot Plots . . . 151
9.7 Histograms . . . 153
9.8 Box Plots . . . 154
9.9 Summarizing Distributions . . . 155
Chapter 9 Practice . . . 157
Chapter 9 Practice Answer Key . . . 161

Vermont VTCAP Test Prep **162**

Full-Length Practice Tests **166**

Practice Test 1 **167**

Practice Test 2 **180**

Practice Test Answer Keys **191**

Practice Test Answers and Explanations **192**

Practice Test 1 Answers and Explanations . . . 192
Practice Test 2 Answers and Explanations . . . 193

A Study Guide Practice Deep Explanations **196**

Grade 6 Math

Math Made Ridiculously Simple

1

Ratios and Rates

Read the lesson, work the examples, then use the practice to check the idea.

Big Idea

Ratios help us describe how two quantities are connected. The goal is not just to write two numbers side by side; it is to keep the labels clear, notice the relationship, and explain what the comparison means.

Chapter Topic Map

		codes
1.	Understanding Ratios	6.RP.A.1
2.	Writing Ratios in Different Forms	6.RP.A.2
3.	Equivalent Ratios	6.RP.A.3
4.	Ratio Tables	6.RP.A.3
5.	Unit Rates	6.RP.A.2
6.	Comparing Unit Rates	6.RP.A.2
7.	Solving Ratio Problems	6.RP.A.3
8.	Proportions and Cross Multiplication	6.RP.A.3

Lesson 1.5 Unit Rates

6.RP.A.2

☞ Big Idea

A unit rate is a ratio that compares something to exactly one unit. It answers questions like "How much for one?" "How far in one hour?" and "How many pages in one minute?"

What "Per One" Means

A **rate** compares quantities with different units, such as miles and hours or dollars and pounds. A **unit rate** is a rate with a second quantity of 1.

$$\frac{120 \text{ miles}}{2 \text{ hours}} = 60 \text{ miles per hour}$$

The phrase "miles per hour" means miles for 1 hour.

☞ The Unit Rate Move

To find a unit rate, divide the first quantity by the second quantity:

$$\frac{\text{amount}}{\text{number of units}} = \text{amount per 1 unit.}$$

Example 1: Speed

Question: Nora bikes 36 miles in 3 hours. What is her speed in miles per hour?

Miles per hour means miles in 1 hour. Split the 36 miles evenly across the 3 hours: $\frac{36 \text{ miles}}{3 \text{ hours}} = 12$ miles per hour.

☞ ***Speed: Nora bikes 12 miles per hour.***

Example 2: Unit price

Question: A 6-pack of notebooks costs $13.50. What is the cost per notebook?

The word **per** is the hint: divide the total cost by the number of notebooks. $\$13.50 \div 6 = \$2.25$. That number is not just dollars; it is dollars for one notebook.

☞ ***Unit price: The cost is $2.25 per notebook.***

Scan Me

Example 3: Choose the direction

Question: Noah bikes 6 miles in 42 minutes. Find his rate in minutes per mile.

Be careful with the order. The question does not ask for miles per minute; it asks for **minutes per mile**. That means: $\frac{42 \text{ minutes}}{6 \text{ miles}} = 7$ minutes per mile.

☞ ***Rate: Noah bikes at 7 minutes per mile.***

Units Are Part of the Answer

A number alone is not a rate

$36 \div 3 = 12$ is not a complete unit rate by itself. Is it 12 miles per hour, 12 hours per mile, 12 dollars per item, or something else? A unit rate answer must include units.

☞ Two Unit Rates Can Come From One Situation

If a copier prints 90 pages in 3 minutes, then:

$$\frac{90 \text{ pages}}{3 \text{ minutes}} = 30 \text{ pages per minute}$$

and

$$\frac{3 \text{ minutes}}{90 \text{ pages}} = \frac{1}{30} \text{ minute per page.}$$

Both are true, but only one may answer the question.

✓ Quick Check

1. A bus travels 180 miles in 4 hours. Find the speed in miles per hour.
2. A 3-pound bag of apples costs \$5.40. Find the cost per pound.
3. A student practices 96 minutes over 8 days. Find the rate in minutes per day.

Lesson 1.6 Comparing Unit Rates

6.RP.A.2

☞ Big Idea

Unit rates let us make fair comparisons. Instead of comparing unlike totals, we convert each situation to a common "per one" form, then compare the numbers with the correct interpretation.

The Fair Comparison Rule

You can compare two rates only after they measure the same thing. For prices, compare dollars per item or cents per ounce. For speed, compare miles per hour. For work, compare pages per minute, problems per hour, or another matching unit.

☞ How to Compare Unit Rates

1. Find the unit rate for each option.
2. Check that the units match.
3. Decide what "better" means.
4. Compare and write a sentence.

Example 1: Better buy

Question: Which is the better buy: 12 ounces of cereal for $4.20 or 18 ounces for $5.94?

Compare cents per ounce, not the total price. $\$4.20 \div 12 = \$0.35$ per ounce. $\$5.94 \div 18 = \$0.33$ per ounce. For shopping, the smaller unit price is the better deal.

☞ ***Better buy: The 18-ounce box, because it costs $0.33 per ounce instead of $0.35 per ounce.***

Example 2: Faster speed

Question: Runner A runs 15 miles in 3 hours. Runner B runs 18 miles in 4 hours. Who is faster?

Put both runners in miles per hour: Runner A: $15 \div 3 = 5$ Runner B: $18 \div 4 = 4.5$. Now the comparison is fair. A larger miles-per-hour rate means a faster runner.

☞ ***Faster runner: Runner A, at 5 miles per hour.***