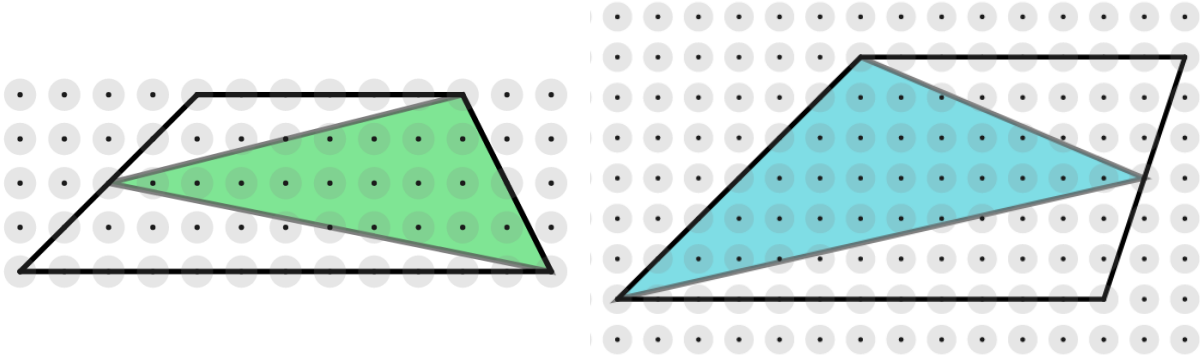


In the two trapeziums below, we have drawn triangles by joining the vertices of one of the non-parallel sides to the midpoint of the opposite side.



**Is there a relationship between the area of each trapezium and the area of the shaded triangle contained within it?**

Draw some more trapeziums and construct triangles inside them in the same way. Does the same relationship hold?

**Can you find a way to prove that your relationship will always hold for any trapezium?**