

copy down into your examples notebook
and write it in expanded forms like
yesterday: 165,379

$$\begin{aligned}1 \text{ hundred thousand} &= 1 \times 100,000 = 1 \times 10^5 \\6 \text{ ten thousands} &= 6 \times 10,000 = 6 \times 10^4 \\5 \text{ thousands} &= 5 \times 1,000 = 5 \times 10^3 \\3 \text{ hundreds} &= 3 \times 100 = 3 \times 10^2 \\7 \text{ tens} &= 7 \times 10 = 7 \times 10^1 \\9 \text{ ones} &= 9 \times 1 = 9 \times 10^0\end{aligned}$$