$$4f + 5 - 7 + 2m + 13 + 9m - 2f + 4 + 3f^2 + m^2$$

Terms - the parts of an expression that are added together (change to addition 1st)

$$4f + 5 + -7 + 2m + 13 + 9m + -2f + 4 + 3f^2 + m^2$$
The boxed items are the terms.

The underlined items are the coefficients.

Constant terms - the terms with no variable (just numbers)

(3) (-7) (13) (4)

The circled items are the constants.

Like terms - terms that have the same variable part to the same power.

Like terms can be combined.

$$3f^2$$
 m^2 $2m + 9m$ $4f + -2f$ $5 + -7 + 13 + 4$

Each boxed group is a set of like terms.

This expression can be simplified to...

$$3f^2 + m^2 + 2f + 11m + 15$$