Decomposing means to break a number into parts or smaller values as shown below.

5 + 7

5 + (5 + 2)   The 7 can be decomposed into 5 + 2.

(5 + 5) + 2   The two 5s can be added together to make 10.

10 + 2

12

So, 5 + 7 = 12.