You're given $x^{2}-4 x+c=0$ and you're told $x=-5$ is a root.

1) Replace $x$ with $-5: \quad(-5)^{2}-4(-5)+c=0$
2) Square and multiply:

$$
25+20+c=0
$$

3) Add:

$$
45+c=0
$$

4) Subtract:

$$
c=-45
$$

5) So now you have the equation: $x^{2}-4 x-45=0$
