Writing a Mixed Number as an Equivalent Fraction

Task

Ben wrote a mixed number as the fraction $7\frac{1}{3}$. Here is his work:

$$\begin{align} 7\frac{1}{3} &= \frac{7}{1}+\frac{1}{3} &\text{ (Step 1)} \\ &= \frac{(7\times 3)+1}{3} &\text{ (Step 2)} \\ &= \frac{22}{3} &\text{ (Step 4)} \end{align}$$

Explain what Ben did in each step.