

**1076 NADI SANGAM SCHOOL****YEAR 7****ENGLISH WORKSHEET 5**

Strand	Short-Stories
Sub Strand	Pacific Island Short Stories
Content Learning Outcome	Read and comprehend given passage

Pacific Folk Tales- *(Children are expected to refer to Pacific Folk Tales and read the story first before attempting these notes and activity pg 122)*

The First Birds and Fish

Setting: Australia

Characters: Baiame (god), birds, Brush Turkey, Owl

Summary:

The aboriginal people of Australia believe the Earth and all living things on it are created by a god named Baiame. They believe Baiame shattered the rainbow which created birds.

The Brush Turkey was jealous and angry as the other birds looked pretty with brightly coloured feathers. The Brush Turkey set fire to the forest but the owl warned all the birds of the fire and they managed to escape.

The birds that hid in the caves became Bats, the ones that hid in the grass still make their nest there. The ones that flew out to sea got tired and fell into the water. These birds turned into Fish.

Brush Turkeys' feather turned grey from the ash and face red and burnt from being too close to the fire.

1. Choose a character you like and state why?
2. Choose a character you dis-like and state why?
3. State an exciting event in the story.
4. Write the theme of the story:

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LESSON NOTES / WORKSHEET 5

Subject: Mathematics

Year/Level : 7

Strand	M 3: MEASUREMENT
Sub Strand	M 3.2: Volume/Capacity
Content Learning Outcome	<ul style="list-style-type: none"> • <i>Estimate, measure and compare capacities using standard unit</i> • <i>Solve word problem in volume</i>

CAPACITY

Capacity is the amount of a liquid a container can hold or it is the volume of liquids
The basic unit in the metric system for capacity is litre (L)

1 Litre = 100 Centilitres (cl)
= 1000 millilitres (ml)
= 1000 cubic centimetres (cm^3)

1 Cubic Metre (m^3) = 1000 Litres

1 centilitre (cl) = 10 millilitres (ml)

1 ml = 1 cm^3

Exercise:

1. How many millilitres would there be in: [*HINT: 1000ml = 1L*]

- a) 2L b) 6.7L c) 49L d) 0.6L

2. How many litres would there be in:

- a) 5000mL b) 10 000mL c) 2500mL d) 10mL

3. Which measure of capacity, 50mL, 500mL, or 50L would be mostly likely for:

- a) a bottle of soft drink?
 b) the petrol tank of a car?
 c) a medicine glass?

4. How many 200mL cup could be filled completely from a 3Litre kettle? [*HINT: convert L to ml*]

5. How many 375mL cans of drink do I have to buy to have a least 1.5Litres of drink?

6. A leaking tap loses 1mL of water every 10seconds. How much water would be lost in:

- a) 1minute? b) 10 minutes? c) 1 hour?
 d) 1 day? e) 1 week? f) 1 year?

CONVERTING UNITS OF CAPACITY

To convert from liters to milliliters multiply by 1000.

 0.25 liters = 250mL

 2 liters = 2000mL

 4 liters = 4000mL

 9.25 liters = 9250mL

3000mL 450mL

↓ ↓

3.45 liters
= 3450mL

To convert from milliliters to liters divide by 1000.

 250ml = 0.25L

 2000ml = 2L

 4000ml = 4L

 9250ml = 9.25L

3 4 5 0 ml

When dividing by 1000
place a decimal point 3
places from the end.
= 3.45L

Exercise

1. Which unit would be used to measure the capacity of the following containers?

- a) tablespoon b) water tank c) soft drink bottle

2. Convert each of the following to the unit given

- a) 7500mL (L) b) 5.65L (mL) c) 15L (cm³)
d) 7 L (mL) e) 6721cm³ (L) f) 0.601L (cm³)

3. Find the total of the quantities below, giving your answers in the units given in brackets.

- a) 4.6L + 7.55L (mL) b) 74L + 3500mL (L) c) 12.7L + 550cm³ (cm³)

4. How many litre jar would be needed to fill up a

- a) 5 litre bucket
b) 2.5 ice cream container
c) 10 000ml container
d) 1 000cm³ kettle
e) 1200ml bottle

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YEAR 7
HEALTHY LIVING
WORKSHEET 5

STRAND	Unit 20 Building Healthy Relationship
SUB STRAND	Preventing harmful situations from occurring
CONTENT LEARNING OUTCOMES	<ul style="list-style-type: none">➤ Identify harmful situations like sexual assault➤ State effects of traumatic events in life➤ Identify some symptoms of trauma

Scenario 2 – Rape

Rape is a type of sexual assault perpetrated against the person against the person's consent.

- The act may be carried out with physical force, abuse of authority or against a person who is incapable of valid consent such as one is unconscious or incapacitated
- The term Rape is also known as sexual assault

Effects of rape

- Mental stress or trauma
- Depression and anxiety
- Unwanted pregnancy
- Transmission of STD
- Disruption in concentration
- Fear

Scenario 3 – Trauma

- Trauma is an emotional response someone has to extremely negative event.
- Severe trauma can interfere with an individual's ability to live a normal life
- In some cases help is needed to treat the stress caused by the traumatic event.

Main sources of Trauma

- Rape
- Domestic violence
- Natural disasters
- Severe illness or injury
- The death of a loved one
- Witnessing an act of violence

Emotional Symptoms of Trauma

- Denial
- Anger
- Sadness
- Emotional outbursts
- Depression

Physical Symptoms of Trauma

- Paleness
- Lethargy
- Fatigue
- Poor concentration
- Anxiety
- Mood swings ‘
- Racing heartbeat

Short term and long term effects of trauma

- Short term and long term effect of trauma can be similar
- Long term trauma effects are more severe
- In short term mood changes are fairly normal after a trauma, but if the shifts in mood lasts longer than few weeks then long term effect can occur.

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BASIC SCIENCE

WORKSHEET 5

INVESTIGATING MATTER

STRAND	STRAND 2 MATTER
SUB STRAND	2.1 INVESTIGATING MATTER 2.1.1 STRUCTURE AND PROPERTIES OF MATTER
CONTENT LEARNING OUTCOMES	<ul style="list-style-type: none">➤ Explain what density of objects are and its relevance in daily life situation➤ State the solubility of some liquids

STRAND 2.2

SOLUBLE AND INSOLUBLE SUBSTANCES

1. A soluble substance is one that can dissolve in another substance.
2. Insoluble - substances do not dissolve.

Note

- i. Two liquids that mix are known as *miscible liquids*
- ii. Two liquids that cannot mix are known as *immiscible liquids*

Comparing Densities

- If you pick up a rock and a piece of wood that are of the same size, which would be heavier?
- If you placed them in water, which one would sink and which one would float?
- Even though they are the same size, the rock is heavier than the wood and would sink in water.
- You are comparing densities when you are doing the above exercise.
- **Density** is the concentration of matter in a substance.

MATERIALS

PURE SUBSTANCES, MIXTURES AND SOLUTIONS

1. **Pure substances** are elements or compounds that cannot be physically separated.

Examples: water, carbon monoxide, oxygen

2. **Mixtures** are made up of two or more substances that are together in the same place but are not chemically combined. This means they can be separated physically.

Examples: soil, sugar and water.

3. One of the commonest types of mixture we deal with is called a solution.

A solution has two parts:

- The solid which is dissolved is called the **solute** and the liquid that does the dissolving is called the **Solvent**.

Example; solute + solvent = solution

Salt + water = salt solution

A solution that has become so full of solute that no more can dissolve is called a **saturated solution**.

A dilute (weak) solution contains only a small amount of solute.

Activity

1. State two liquids that do not mix with water.
2. List down two liquids that mix with water.
3. What is density?
- 4.

<u>LIQUIDS</u>	<u>DO THEY MIX</u>
Water - kerosene	
Water – alcohol	
Oil - water	
Oil - kerosene	
Water – nail polish	
Oil paint – water	

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SOCIAL SCIENCE WORKSHEET 5

Strand	History
Sub Strand	Colonisation in the Pacific
Content Learning Outcome	Describe Australia and its characteristics



Settlers

- Australia was inhabited by the Aborigines about thousands of years ago before the first British settlement which came in the late 18th century.
- They were the owners of Australia before Captain Cook set foot on the land in 1770.
- In 1787, 11 ships sailed from England reached Botany Bay in 1788. 1530 people of whom 736 were convicts were on board. Later they moved to Port Jackson, which has now grown to be Sydney, Australia's biggest city.

Location and Other Characteristics

- ✓ Australia, an Oceania country is made up of the Australia continent, the island of Tasmania and other smaller islands.
- ✓ It is the world's sixth largest country by total area. Australia is located 3,169 kilometres from Fiji.
- ✓ It is an island of about 7,672, 300 square kilometres.
- ✓ Nearly one third of the continent lies in the tropics and the rest in the temperate zone. It has a climate ranging from the tropic in the north to temperate in the south.

Activity:

1. Who are the natives of Australia?
2. When did Captain Cook land in Australia?
3. Who were the Europeans that arrived in Botany Bay?
4. What is the largest city in Australia?
5. What is the capital of Australia?
6. List 3 things Australia is known for.

Strand	H साहित्य
Sub Strand	H उपन्यास
C L O	➤ योजना, बातचीत और समस्याओं को हल करके कार्य पूरा करे ।

७. प्रेम के वास्ते

सुदामा जानता था कि कृष्ण और रुक्मणी जैसे राजा-रानी के लिए खिलों की भेंट बहुत ही मामूली चीज है । उन्होंने सुदामा की इस छोटी सी भेंट स्वीकार की तो सिर्फ इसलिए कि कृष्ण उसे सचमुच ही बहुत चाहते हैं । यह सोचकर सुदामा प्रसन्न हो गया । उसे लगा कि कृष्ण अभी भी नहीं बदले हैं । वे आज भी उसके दोस्त हैं, वैसे ही प्यारे-दुलारे दोस्त जैसे वर्षों पहले गुरुकुल में थे ।

“सुदामा,” कृष्ण ने कहा, “अब जब तुम यहाँ आ ही गए हो, तो जितने दिन हो सके मेरे साथ रहो ।”

कृष्ण की बात सुनकर सुदामा को अपनी पत्नी और भूख से बिलखते बच्चों की याद आ गई । सुदामा कहना चाहता था कि अधिक दिन वह नहीं रुक सकता, परन्तु उसके मन में कृष्ण के साथ रहने की लालसा इतनी गहरी थी कि उसके मुँह से कुछ और ही बात निकली । उसने कहा, “हाँ, हाँ क्यों नहीं ? हम कुछ दिन साथ ही रहेंगे, खूब बातें करेंगे और गुरुकुल छोड़ने से लेकर आज तक की यादें ताजा करेंगे ।”

कृष्ण ने सुदामा के रहने के लिए बहुत अच्छा प्रबन्ध करवाया और अपनी पत्नी रुक्मणी से कहा कि वह दोस्त सुदामा का विशेष ध्यान रखें ।

	कठिन शब्द	अर्थ
१.	गुरुकुल	भारत का एक आश्रम जहाँ विद्यार्थी रह कर शिक्षा प्राप्त करते हैं ।
२.	भेंट	मिलना/उपहार/मुलाकात
३.	स्वीकार	मंजूरी/ हाँ करना/मानना
४.	लालसा	इच्छा
५.	प्रबन्ध	तैयारी
६.	विशेष	खास/महत्वपूर्ण

सारांश

सुदामा का भेंट स्वीकार करके श्री कृष्ण ने यह जताया कि उनकी दोस्ती पहले जैसी ही अटूट है। श्री कृष्ण ने अपने दोस्त सुदामा को उनके साथ द्वारका में जितने दिन चाहे उतने दिन रहने को कहा। सुदामा ने अपनी पत्नी तथा भूख से बिलखते बच्चों को याद किया पर इतने दिनों बाद अपने दास्त के साथ समय बिताने की लालसा ने उन्हें रुकने पर मजबूर कर दिया। कृष्ण ने अपनी पत्नी को आदेश दिया कि सुदामा का विशेष ध्यान रखा जाए।

क. नीचे दिए गए शब्द अलट-पलट गए हैं। इन्हें सही करके लिखिए।

१. लीमूमा २. यातैरी ३. लासाल ४. षविशे ५. चसचमु
६. तनेजि ७. लेहप ८. तहुब ९. फंसि १०. दासुमा

ख. नीचे दिए गए वाक्यों को किसने और किससे कहा ?

१. “हाँ, हाँ क्यों नहीं ? हम कुछ दिन साथ ही रहेंगे, खूब बातें करेंगे और गुरुकुल छोड़ने से लेकर आज तक की यादें ताजा करेंगे।”
२. “अब जब तुम यहाँ आ ही गए हो, तो जितने दिन हो सके मेरे साथ रहो।”

ग. नीचे दिए गए वाक्यों को उचित शब्दों द्वारा अपनी अभ्यास पुस्तिका में पूरा कीजिए।

१. उसे लगा कि।
२. वे आज भी उसके दोस्त हैं,।
३. सुदामा को अपनी पत्नी और भूख से।
४. कृष्ण ने सुदामा के रहने।
५. कृष्ण और सुदामा।

घ. नीचे दिए गए प्रश्नों के उत्तर पूरे वाक्य में अपनी अभ्यास पुस्तिका में लिखिए।

१. हम कैसे कह सकते हैं कि सच में श्री कृष्ण और सुदामा सच्चे मित्र थे ?
उदाहरण देकर बताइए।
२. सच्चा दोस्त कैसा होना चाहिए ?
३. घर आए मेहमान का स्वागत कैसे करना चाहिए ?
४. इस पाठ से हमें क्या सीख मिलती है ?

५. सुदामा को कैसे पता चला कि कृष्ण अभी भी नहीं बदले हैं ?
६. सुदामा क्यों कृष्ण के साथ कुछ वक्त बिताना चाहता था ?
७. कृष्ण ने किसे सुदामा का विशेष ध्यान रखने को कहा और क्यों ?
८. अगर आप सुदामा के जगह होते तो क्या आप अपने दोस्त से अपने परिवार के विषय में बताते ? क्यों ?

सीख:

- अच्छे लोग बड़े होने पर भी नहीं बदलते ।
- सच्चे मन से हम दूसरों की भावनाओं को समझ सकते हैं ।
- मेहमानों / अपनों की सेवा दिल से करनी चाहिए ।