

2036 PENANG SANGAM PRIMARY SCHOOL
YEAR 7
ENGLISH
WORKSHEET 11

Strand	Writing and shaping
Sub Strand	Language features and rules.
Content Learning Outcome	Examine and use structurally sound sentences in meaningful and functional manner.

Conjunctions

A conjunction is a word that joins words and sentences.

Examples

Join the sentences using the words given in the brackets.

1. They took shelter. It was raining. (because)

They took shelter because it was raining.

2. I put on my shoes. I went out to play. (and)

I put on my shoes and went out to play.

3. Rachel went to school. She was very sick. (although)

Rachel went to school although she was very sick.

4. Johnny is my friend. I do not like his naughty brother. (but)

Johnny is my friend but I do not like his naughty brother.

Activity

Join the sentences using the words given in the brackets.

1. The gardener stopped working. He felt tired. (as soon as)
2. He could not pass the exam. He did not study hard. (because)
3. The girls brought some flour. They did not bake the cake. (but)
4. Meli wanted to play rugby. His hand was injured. (although)
5. The man bought some food. He boarded the bus. (before)

2036 Penang Sangam Primary School
Year 7
Mathematics
Worksheet 11

Strand	Measurement
Sub Strand	Weight/Mass
Content Learning Outcome	Use any operation on weight calculation in any context.

Weight/Mass

1. Weight can be **multiplied** or **divided** using whole numbers and fractions.
2. **Multiplication** is used to find the **total weight** of objects with the same weight.

Example: The weight of a crayon is 12g. What is the total weight of 10 crayons?

$$\begin{aligned}\text{Total weight} &= 12\text{g} \times 10 \text{ (Multiply the weight of 1 crayon by 10)} \\ &= \underline{120\text{g}}\end{aligned}$$

3. **Division** is used to find the **weight of individual items** from a group.

Example: The total weight of 5 books is 350g. What is the weight of one book?

$$\begin{aligned}\text{Weight of one book} &= 350\text{g} \div 5 \\ &= \underline{70\text{g}}\end{aligned}$$

Divide total weight by the number of books

$$\begin{array}{r} 70 \\ 5 \overline{) 350} \\ \underline{- 350} \\ \dots \end{array}$$

4. To find the **fraction** of a weight, **multiply** the fraction with the weight.

Example: Saras used $\frac{2}{5}$ of rice from a 5kg bag. How many kilograms of rice was used?

$$\begin{aligned}\frac{2}{5} \text{ of } 5\text{kg} &= \underline{\hspace{1cm}}\text{kg} \\ &= \frac{2}{5} \times \frac{5\text{kg}}{1} \text{ (Multiply the 2 numerators and the 2 denominators)} \\ &= \frac{10\text{kg}}{5} \text{ (Simplify to get final answer)} \longrightarrow \frac{\cancel{10}\text{kg}}{\cancel{5}} = \frac{2\text{kg}}{1} \\ &= \underline{2\text{kg}}\end{aligned}$$

Activity

1. The weight of one marble is 15g. What is the weight of a packet with 30 marbles?
2. Samu filled 3600g of jam equally into 6 jars. How many grams of jam is in each jar?
3. Mrs Rao bought 12kg of fish. She fried $\frac{1}{6}$ of the fish and boiled $\frac{1}{4}$ of it.
 - a. How many kilograms of fish did she fry?
 - b. How many kilograms of fish did she boil?

2036 PENANG SANGAM PRIMARY SCHOOL
YEAR 7
HEALTHY LIVING
WORKSHEET 11

Strand	Safety
Sub Strand	Personal Safety
Content Learning Outcome	Recognize the ways of dealing with unsafe and emergency situations.

Dealing with Unsafe Situations

1. Substance Abuse

- Substance abuse is when an individual takes illegal drugs. It is also when an individual uses alcohol, prescribed medicines and other legal substances too much or in a wrong way.
- Many people with substance abuse problem are able to quit or change their unhealthy behaviour.
- Addiction is a disease where an individual cannot stop using even when the condition causes harm.
- Legal drugs are drugs that are prescribed by the doctor or approved by the government or law.
- Some examples of legal drugs are: panadol, cough mixture, amoxicillin, alcohol and cigarettes.
- Illegal drugs are drugs that interferes with the proper functioning of the brain or affects the way our body functions.
- Some examples of illegal drugs are: marijuana, cocaine, methamphetamine (ice), ecstasy, heroin and inhalants.

Effects of Drugs

- Health – poor mental health, tiredness, headaches, nausea, heart disease, damages liver/ kidney, sleep disorders, high blood pressure and poor immune response.
- Family – financial issues, arguments, conflicts, poor relationships and domestic violence.

Activity

Answer the following questions.

1. What are legal drugs?
2. Give examples of legal drugs.
3. What are illegal drugs?
4. Give examples of illegal drugs.
5. What are some effects of drugs on an individual's health?

Strand	हिंदी व्याकरण
Sub Strand	उपन्यास (ऋष्ण सुदामा की दोस्ती)
Content Learning Outcome	बोधन को पढ़ो और अभ्यास कार्य पूरा करो ।

मित्रों का मिलन

द्वारपाल को विश्वास ही नहीं हुआ कि इतना गरीब आदमी राजा श्रीकृष्ण का दोस्त हो सकता है। सुदामा बड़ा ही दीन और दरिद्र दिखाई दे रहा था। चकित द्वारपाल ने सुदामा की आने की खबर दूसरे द्वारपाल को दिया और उनसे निवेदन किया कि वह सन्देश श्रीकृष्ण तक भेजें। दूसरे द्वारपाल ने सन्देश अपने बड़े अधिकारी को दिया। बड़े अधिकारी सन्देश लेकर तुरंत श्रीकृष्ण के पास गए। श्रीकृष्ण रानी रुक्मणी के साथ चौपड़ खेल रहे थे। रानी रुक्मणी ने उसे देखते ही उनसे आने की वजह पूछा। बड़े अधिकारी ने बताया कि एक बहुत ही दरिद्र आदमी महाराज श्रीकृष्ण से मिलना चाहता है। श्रीकृष्ण ने पूछा कि वह आदमी कौन है और कहाँ से आया है। अधिकारी ने बताया कि वह आदमी बहुत दूर से आया है और उनका नाम सुदामा है। सुदामा का नाम सुनते ही श्रीकृष्ण खेल छोड़कर तेज़ी से बाहर की ओर दौड़ पड़े। रानी रुक्मणी चकित होकर श्रीकृष्ण के पीछे भागी। यह भाग-दौड़ देख कर, सभासद के साथ-साथ नौकर-चाकर भी घबड़ा कर उनके पीछे भागने लगे।

अभ्यास

नीचे दिए गए प्रश्नों का जवाब पूरे वाक्य में लिखो।

१. द्वारपाल को क्यों विश्वास नहीं हुआ कि सुदामा श्रीकृष्ण के दोस्त हैं?

२. किसने सुदामा की आने की खबर श्रीकृष्ण को दिया?

३. श्रीकृष्ण और रानी रुक्मणी क्या खेल रहे थे?

४. खबर सुनते ही श्रीकृष्ण ने क्या किया?

५. सभासद के साथ-साथ नौकर-चाकर भी क्यों भागने लगे?

Strand	Time, Continuity and Change
Sub Strand	Learning to Live with Changes
Content Learning Outcome	Investigate Colonization in the Pacific and its effect on different countries in the Pacific.

Tuvalu

1. Tuvalu was discovered and settled by Polynesians about 1000 years ago.
2. In 1568, Spanish navigator Álvaro de Mendaña sailed through the islands and sighted Nui during his expedition in search of Terra Australis.
3. In 1819, the island of Funafuti was named Ellice Island.
4. In the late 19th century, Ellice Islands were declared a British protectorate by Captain Gibson R.N.
5. In 1978, Tuvalu became fully independent within the Commonwealth.
6. In September 2000, Tuvalu became the 189th member of the United Nations.
7. The country's capital is Funafuti.



Activity

Answer the following questions.

1. Tuvalu's capital is _____.
2. Who was Alvaro De Mendaña and what did he do?
3. What happened in the year 1978?
4. In September 2000, Tuvalu became the _____ of the United Nations.
5. In 1819, the island of Funafuti was named _____.

2036 PENANG SANGAM PRIMARY SCHOOL

YEAR 7

NA VOSA VAKAVITI

WORKSHEET 11

Ulutaga ni lesoni: Na veika vakaviti

Na I Cavuti Vaka Turaga

Vanua	Cavuti	Turaga
Nadroga	Nakuruvakarua	Na Kalevu
Ovalau	Nabukebuke	Tui Levuka
Namosi	Nabukebuke	Tui Namosi
Tailevu	Kubuna	Vunivalu Na Tui Kaba
Nadi	Navatulevu	Tui Nadi
Bua	Cakaunitabua	Tui Bua
Serua	Korolevu	Na Turaga Na Vunivalu

Cakacaka lavaki

Vakacuruma na sauna taro dodonu ena vanua ka lala koto.

Vanua	Cavuti	Turaga
Tavua	1.	Tui Tavua
2.	Matanikutu	Qaranivalu
Tavuki	3.	Turaga Na Tui Tavuki (Kadavu)
4.	Curumoce	Turaga Na Tui Sawau
5.	Navatulevu	Tui Nadi

Strand	Energy
Sub Strand	Energy Source and Transfer
Content Learning Outcome	Investigate and illustrate the different energy source and their uses and classify them into renewable and non –renewable.

Renewable and Non-Renewable Energy

1. Energy from the sun, wind and water is non-perishable as they remain active all the time.
2. Sources of energy like coal, oil and gas become perishable when over used and so, it cannot be replaced.
3. Renewable energy sources are sun, water and wind while non-renewable energy sources are coal, oil and gas.

Wind Energy

- Wind power is the transformation of wind energy into a useful form of energy. For example, using wind turbines to make electrical energy, windmills for mechanical power, wind pumps for water pumping/ drainage or sails to propel ships.

Materials	Method and Conclusion
Small electric motor Propeller A piece of wood 2 pieces of insulated wire Cello tape Torch bulb	Tape the electric motor to the piece of wood making sure there is room for propeller. Join the motor wire to the bulb using cello tape. After this, take this out to the breeze. Observation and result: you will observe the propeller spins making the bulb light up. Conclusion: the energy is transformed from the motor to the propeller making it spin fast and light up the bulb.

Activity

Answer the following questions.

1. Name some renewable energy sources.
2. Why do you think coal, oil and gas are non-renewable energy sources?
3. Copy and complete.

When I took the propeller out in the breeze, the _____ began to spin. When the propeller spun faster and faster, it generated _____ to the motor which has a dynamo. The dynamo is heated up and heat energy travels through the wire carrying heat that made the torch bulb _____ up.