

1075 LOVU SANGAM SCHOOL

YEAR 7

ENGLISH

WHSP #8

Strand: Reading and Viewing

Sub Strand: Text types, Media everyday communication on literary texts.

CLO: Explore and asses features of wide range of literary and media texts in print and multi modal text.

NOVEL: Making Good

Chapter 12 & 13 - The Fight on the Shore & The Reef

The next morning Mr. Glover offered to fight Scrope and his second mate for George. At first Mr., Glover was winning but he let Scrope go. Scrope started to choke him and the second mate was happy.

Mr. Glover managed to get free and he pushed Scrope into the sea. The second mate was too scared to fight and Scrope and his crew left. They had a lot of difficulties getting through the reef passage and George hoped that the Gypsy's prophecy "Death to the man with Emerald Ring" would come true. The boat made it however and the Trade Wind left Maiana without her cabin boy.

ACTIVITY

Fill in the blanks

1. _____ woke up with a start.
2. Scrope gave the mate a _____ to wake him up.
3. According to Mr. Glover, George belonged to his _____
4. George would rather _____ than steal
5. Mr. Glover seemed to have more fat than _____
6. Scrope and Mr. Glover _____ to the waist
7. Scrope was a _____ man but very quick in his _____
8. Mr. Glover was rammed on his _____
9. _____ streamed from Mr. Glover's nose.
10. Scrope _____ in again.
11. Together they fell to the _____
12. Scrope felt as if a _____ had gone over him.
13. Mr. Glover got up and _____ back.
14. Scrope's hand gripped like _____
15. Mr. Glover began to _____ and his face went _____

Chapter 13 – The Reef

Short Answer Questions

1. Who shoved whom over the edge into the lagoon? _____

2. Why was Mrs. Glover laughing? _____

3. What happened to the second mate? _____

4. When did George arrive on the scene? _____

5. What did George and Mr. Glover watch silently? _____

Who said this to whom?

1. “I am ready for you now” _____
2. “But he is going to drown” _____
3. “Enough of that superstitious nonsense” _____

Draw, Colour and Label an interesting part of the story



1075 LOVU SANGAM SCHOOL

YEAR 7

ENGLISH

WHSP #9

Strand: Reading and Viewing

Sub Strand: Text types, Media everyday communication on Literary texts.

CLO: Explore and asses features of wide range of literary and media texts in print and multi modal text.

SHORT STORY: Pacific Folk Tales

Title: Tuwawa and Tuifaga

Setting: Island of Matuku, in the Lau Group of Fiji.

Main Character: Tuifaga, Tuwawa, Makelesi's dog.

Other Characters: Villagers, Makelesi (witch)

Plot/Summary

This story is from the island of Matuku in Fiji, where a fierce giant named Tuwawa Balavu lived. He had a special set of big sharp teeth which he used to eat people. Because of Tuwawa, the people of Matuku decided to leave their home island and take refuge in the neighbouring island. As they left, a baby named Tuifaga unfortunately slipped from her mother's arms and fell into the shallow water. The mother of the child did not find out until they reached the other island.

Apart from the giant, a witch named Makelesi also lived on that island with her dog. While chasing seagulls on the beach, the dog found the baby and called Makelesi. Seeing the poor baby, Makelesi's heart melted. She took the baby home and cared for him and he grew into a strong young man. Makelesi warned him about Tuwawa the giant and why his people left the island. Tuifaga was curious about the giant so instead of going fishing one day, he took Makelesi's dog and went towards the giant's home. He met the giant on the beach and challenged him for a fight. At first, Tuwawa had the upper hand in the battle, then Tuifaga's dog joined and together they fought the giant bravely. The giant ran towards his home and started pushing out all his children to fight and they were all killed by Tuifaga and his dog. At last, they killed the giant and his wife. Makelesi was so happy to hear about the death of the cruel giant. The next day Tuifaga set off in his canoe to the neighbouring island to meet his people. When his mother saw him, she was overwhelmed with joy and together with all the people they returned to the island of Matuku.

Theme:

- Be courageous
- Do not panic in difficult situations.
- Self- determination and courage leads to success.
- Never lose hope in life.

ACTIVITY

Answer the questions given.

1. Why did Tuwawa have a special set of teeth? _____

2. Why did the Matuku people leave their island? _____

3. How did the mothers take their babies on the journey? _____

4. How far did they travel? _____
5. Why didn't Tuifaga drown? _____

6. What do you think **Her heart melted**...(line 26) means? _____

7. Why did Tuifaga become **curious** (line 35)? _____

Fill in the Blanks.

1. Many, many years ago on the island of _____ there lived a fierce devil named _____ Balavu.
2. They all _____ on the beach early one morning ready to live and travel 15 _____ to a nearby island.
3. Unfortunately one baby boy, called _____, slipped from mat and fell into the _____ water.
4. Tuwawa would put in his large, sharp people eating _____ and look for a villager to _____.

gathered	Tuifaga	teeth	Matuku
eat	Tuwawa	kilometers	shallow

Draw, Colour and Label an interesting part of the story that you liked the most.

SUBJECT: MATHS

NAME: _____

YEAR: 7

STRAND: Measurement

SUB-STRAND: Volume / Capacity

CONTENT LEARNING OUTCOME: Measure and calculate volumes of object using formulas and compare units and solve problems

TOPIC: Volume of rectangular prism

Volume is the amount of space an object occupies.

Rectangular Prism - FORMULA



$$V = L \times W \times H$$

$$\text{or}$$

$$V = LWH$$

$$V = L \times W \times H$$

$$V = 8 \times 4 \times 6$$

$$V = 192 \text{ cm}^3 \checkmark$$

ACTIVITY

1.) Find the volume if the length, width and height are:

a.) 3cm, 5cm, 7cm = _____

b.) 4m, 2m, 8m= _____

2.) Find the volume of each set of Dienes blocks, if cube has a volume of 1cm^3

(Block = 1000 Flat = 100 Stick = 10 Cube = 1)

a.) 5 cubes, 4 sticks and 7 flats = 745

b.) 9 flats, 1 block, 6 cubes and 1 cube = _____

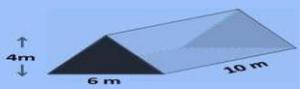
c.) 12 cubes, 7 sticks, 1 block and 8 flats = _____

d.) 19 cubes, 9 sticks and 19 flats = _____

e.) 15 sticks, 15 cubes, 5 flat and 1 block = _____

VOLUME OF TRIANGULAR PRISM

Triangular Prism - FORMULA



$$V = \frac{1}{2} \times b \times h \times H$$

$$\text{or}$$

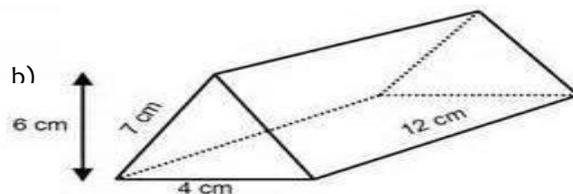
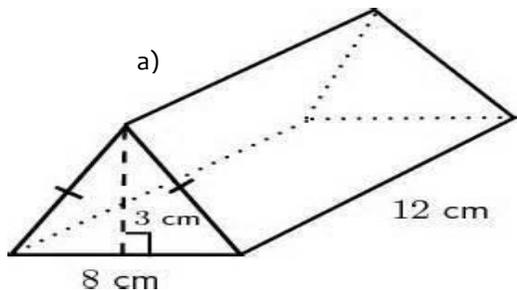
$$V = \frac{1}{2}bhH$$

$$V = \frac{1}{2} \times b \times h \times H$$

$$V = \frac{1}{2} \times 6 \times 4 \times 10$$

$$V = 120 \text{ m}^3 \checkmark$$

Exercise (Find the volume of the triangular prism)



STRAND: Measurement

SUBSTRAND: Volume/ Capacity

CLO: Calculate capacities and solve simple real life word problems using mathematical operations.

TOPIC: 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

Activity

1. How many milliliters would be there in?

a.) 2L = _____

b.) 36L = _____

c.) 49L = _____

d.) 6.7L = 6700ml

e.) 8.3L = _____

f.) 0.6L = _____

2. 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? _____

3. How many 200mL cup could be filled completely from a 3Litre kettle?

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

1075 LOVU SANGAM SCHOOL
LESSON NOTES-WHSP-9

SUBJECT: MATHS

NAME: _____

YEAR: 7

STRAND: Measurement

SUBSTRAND: Weight

CLO: Explore and explain standard units to convert grams to kilograms and solve word problems.

Mass vs. Weight

Weight and mass are related in that the weight of an object is proportional to its mass. The greater the mass of a body the greater the weight and the harder it is to lift.

**Weight is a force.
Mass is the quantity of matter in an object.**

Units of Weight –Kilogram(kg) and grams(g)

1000g = 1kg

1kg = 1000g

$\frac{1}{2}$ kg = 500g

$\frac{1}{4}$ kg = 250g

$\frac{3}{4}$ kg = 750g

6.45kg = 6450g

ACTIVITY

1. Convert to grams

- a) 4kg = _____ b) $7\frac{1}{4}$ kg = _____ c) 3.82kg = _____ d) 5.06kg = _____

2. Mr. Josefa weighs 86kg and his eldest daughter weighs 43.75kg. What is the difference in their weight?

3. Mrs. Roko bought 10kg of sugar. She used $\frac{1}{4}$ of it to make cake, $\frac{1}{5}$ to make juice.

a) Calculate the amount of sugar used to make cake. _____

b) What amount of sugar was used to make juice? _____

c) How much sugar was left? _____

STRAND: Measurement

SUBSTRAND: Time

CLO: Read and write analogue, digital time and 24 hour clock times.



The clock uses the positions of the hands to describe the time – the clock is an analog that describes the time of day. A digital clock uses numbers, not hands, to describe the time.

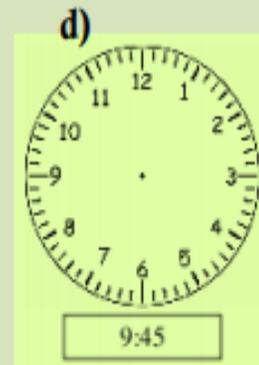
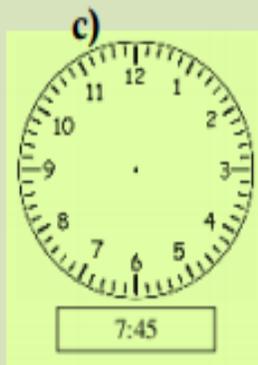
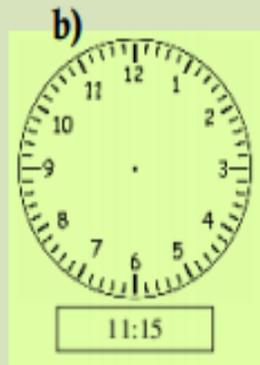
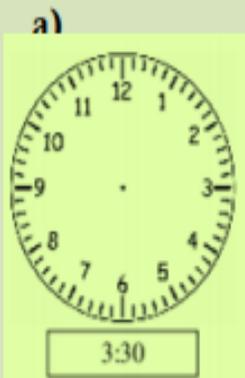
60 min = 1 hour

60s = 1 min

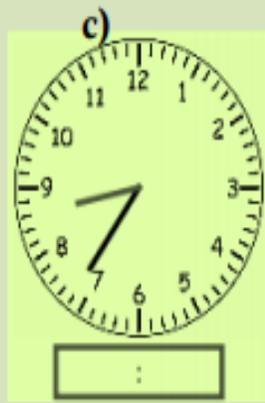
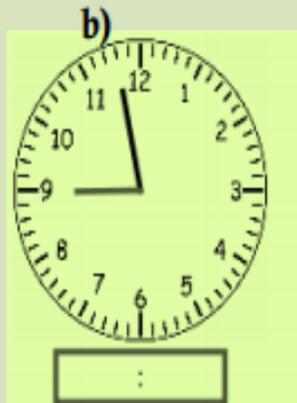
24hours in a day

ACTIVITY

1. Show time shown below in analogue form.



2. Write the following time in digital form.



1075 LOVU SANGAM SCHOOL
YEAR 7
HEALTHY LIVING
WORKSHEET #8

Strand: Personal and Community Health

Sub Strand: Personal Hygiene and Sanitation/ People and Food

CLO: - Relate and discuss hygiene practices in homes to prevent diseases.

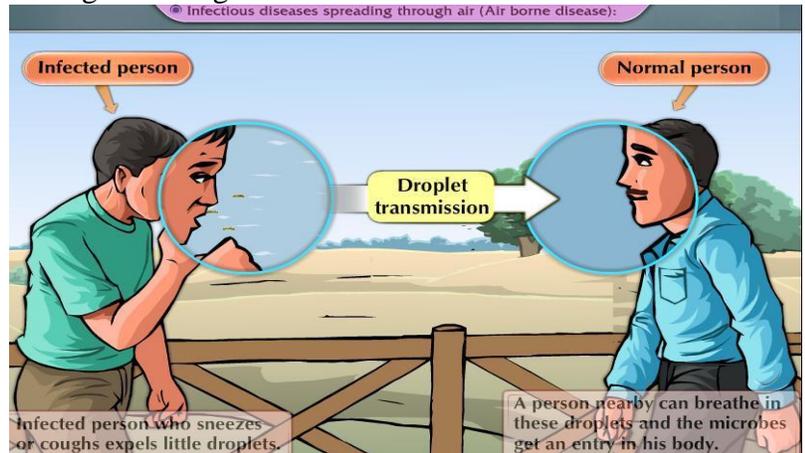
- Recognize the need for nutritious food.

Topic: Air Borne Disease

- Air borne diseases are basically spread through air where infected germs droplets are released into the air through coughing, sneezing or talking.

Types of Air Borne Diseases

- TB
- Flu or common cold
- Influenza
- Measles



Prevention of Air borne diseases

- Always cover your mouth and nose when coughing or sneezing
- Stay in bed when you are sick
- Keep windows open to allow air to move in and out freely
- Do not spit on the ground. If you have to spit, spit in the toilet or in a drain, or the hand basin where the sputum can be washed away
- A sick person should spit into a container which contains disinfectant
- Keep your body healthy by eating good food and exercising regularly.

Nutrients in food

1. **Carbohydrates** – are the main energy source for the brain without which body would not function properly. Sources of carbohydrate includes – fruits, breads and grains, starchy vegetables and sugar example – root crops such as kumala , dalo rice, yams sugar etc
2. **Protein** - is required for the building and repair of the body tissue, example , fish , meat , milk , egg ,
3. **Fat** – is an energy source that when consumed, increases the absorption of fat soluble vitamins including Vitamin A, D, E and K
4. **Vitamins** – Vitamin C is necessary for the structure of blood vessels, bones and ligaments. Rich source include citrus fruits strawberries, pepper and vegetables

1075 LOVU SANGAM SCHOOL

YEAR 7

VOSA VAKA VITI

WHSP 8

Matana: Wilivola kei na Vakadidigo

Matana Lailai: Na veivanua e vakayagataki kina na vosa- vosa e vakayagataki e na vakacacali.

CLO: Vakadikeva ka digitaka na veitukutuku tabaki me talaucaki na kedra i naki.

TALANOA BALAVU: Ko Aleni Kotameni

Mo wilika na i wase 9 kei na 10 ni Aleni Kotameni ka vola na veika e a yaco.

Wase 9: E na Loma Ni Qele

Yavu: E na loma ni qele / qara.

Tuvaki ni Vanua: Loma ni qara/ rarama vakalailai/ kuitaki tiko ga

Gauna: Lomaloma ni siga

Ira e ra Vakaitavi:

- Aleni Kotameni, Kavetani Jone Qutu, Sa Anare Ketesi, Asilopokasi, Alivonisi

Veika e a Yaco:

- Kuitaki tiko/ loma taqaya
- Kaci tiko o Alivonisi e na levu ni nona domobula.
- E ratou kana ka veitalanoa se ratou na yaco ki vei
- Yalo Lailai ko JQ ka veivakayaloqataki ko Sa Anare e na vuku ni nodratou i lakolako.
- Toso tale na i lakolako ka ulia na waqa ko JQ.

Vakavuvuli:

- Me da dau yalodei e na gauna ni leqa.

Wase 10: Na Se Ni Jiale Bukawaqa

Yavu: E na loma ni qele/ qara

Tuvaki ni Vanua: Loma ni qara/ levu na katakata.

Gauna: Siga levu tutu ki na yakavi.

Ira e ra Vakaitavi:

- Aleni Kotameni, Kavetani Jone Qutu, Sa Anare Ketesi, Asilopokasi, Alivonisi

Veika e a Yaco:

- Toso tiko na voce ka ratou curuma yani e dua na gusu ni qara.
- Ni tekivu curu ki na qara e se batabata na cagi.
- Toso yani ki loma sa tekivu sotavi na cagi kei na wai e Katakata.

- Luva kece na nodratou i sulu e na levu ni Katakata/ kama na vuti ni yagodratou.
- Laurai na bukawaqa ni vaka e dua na se ni jiale levu ni waqa tu mai.
- Veivuke uli ko Aleni Kotameni.
- E ratou veicibati veitaravi na lewe ni lakolako.
- Uli duadua tiko e na vosota ko AK me yacova na gauna e qai cibati koya kina.

Vakavuvuli:

- Na i liuliu vinaka e dau yalo dei ka qaqa e na gauna kece ga.

Cakacaka Lavaki

Vakacuruma na sau ni taro dodonu e na vanua e lala toka.

Sa Anare	Alivonisi	Asilopokasi	Qutu
----------	-----------	-------------	------

1. Na i matai ni ka au a raica, oya na mata i _____ na kai Varanise ka rairai votu na levu ni nona rere.
2. Ia ko Kavetani _____, e sa toka vinaka ga na nona matailoilo ka gava cake tu na doka ni qara.
3. Ia ko _____ e a vakali toka ki na bati ni waqa ka lili koto yani ki sau na ligana.
4. Ko _____ e mai baria koto yani e dua na tiki ni manumanu.

“Ulia tiko na waqa ki na yasana i matau- ki na i matau.....”

1. Ko cei e vakamacala tiko oqori? _____
2. A vakamacala tiko vei cei? _____

3. O cei a qai otioti ni ciba vei iratou na veitokani oqo?

1075 LOVU SANGAM SCHOOL
YEAR 7
HEALTHY LIVING
WORKSHEET #9

Strand: Personal and Community Health

Sub Strand: People and Food

CLO: Analyze effects of food preservatives and additives.

Topic: Food Preservatives and Additives

Food Preservatives

- Food preservative are used to ensure the safety of the food stuff available for consumption
- Food preservatives are classified into 2 : **Natural and Artificial food preservative**



Natural food preservatives

NATURAL FOOD PRESERVATIVES

- Natural food preservatives are things that can be easily found in the kitchen amongst the everyday cooking ingredients.
- Some of the well known natural preservatives are things that we use day in day out.
- Natural food preservatives have been used and known to mankind since long time.
- These are used in both raw as well as cooked food to increase the shelf value of food so that aroma, taste and the food itself can be stored for a longer period of time.
- They are added to the food and prevent its decomposition (Oberoi, 2010).

5

Preservatives

Natural Preservatives

Salt

It returns water through osmosis process in food product thus it changes composition of food
As a result, no free water is left for microorganisms to grow

Sugar

It absorbs free water from food product thus restricts growth of microorganisms

Oil and Spices

They form a layer over the food product hence it forms a layer between air and microorganisms , thus restricting them

Food Additives

Food additives are substances added to food to preserve flavour or enhance its taste, appearance, or other qualities

Antioxidant	Example	Function
Butylated hydroxyanisole (BHA) Butylated hydroxytoluene (BHT)	Margarine	To retard rancidity in oils
Ascorbic acid (Vitamin C)	Fruit juice	To preserve the colour of fruit juice
Alpha tocopheral (Vitamin E)		Protects body tissue from damage caused by substances called free radicals
Sodium citrate	Cooked cured meat	To stop fats from turning rancid



ACTIVITY

Answer the questions given.

1. What are food preservative used for?

2. List 2 natural preservatives

3. What are food additives used for?

4. List 3 examples of food additives.

1075 LOVU SANGAM SCHOOL

YEAR 7

VOSA VAKA VITI

WHSP 9

Matana: Wilivola kei na Vakadidigo

Matana Lailai: Na Lawa ni Vosa

CLO: Vakayagataka vakadodonu na vakavakadigo e na wilivola. Vakadewataka na ka e wilika.

ULUTAGA: Na Wilivola kei na Saumi Taro.

Wilika na i tukutuku ka koto oqori e ra ka qai sauma na kena taro.

E rau cavutu mai e na vanua vakaturaga ko Kadavu koro na veitacini ko Solomone kei Delai. E na Vula i Sevu e na tolu na yabaki sa dromu, e rau a veibuku me rau la'ki vakacakau. Sa mau sara na veivosaki ka rau nakita me kerei ga na boto nei **ganei tamadrau** ka vakaitikotiko e na koro ko Nacomoto ka toka **ravita** ga na nodrau koro.

E rau a maqusa sara e na mataka i ra vuaka e na **cokonakitaki** ni nodrau i yaya ni qoli. E bera na sauriva e na nona sa tekivu me vakasolotaka na nona i taraki ko Delai, ia , ko Solomone e kauta ga yani na nona dakai ni vana e waitui e a volia mai vua na tavalena ko Luseana.

E sa melo na soko ka ni sega ni dede sa kele yani ki cakau na nodrau boto. E vaka e siri na saku e na nona a taura na nona i taraki ko Delai ka muria yani na dela ni cakau. Ko Solomone e vakusakusa ga yani ki wai titobu me salu kina.

E kurabui ko Delai ni a raica e so na saqa leka ni ra vagunu vuso ni ua cake tu mai e na dua na tobu levu. E ra sega ni dro bula na ika ka ni kena bila sara ga na tataga. Ia ko Solomone, e a la'ki sikova ga na nona vatu ka toka volekata e dua na yamotu. E ra a veivalivali tu kina na ika lelevu ka sega ni dede, sa qalo lesu tale mai ki na vanua e kele tu kina na boto.

Ni la'ki tu donu na siga, e rau a cabe ruarua na veitacini ki na boto. E kureitaki liga ko Solomone e na levu ni ika e a rawata ko Delai. E rau a vakasigalevu kokoda sara ka ni a ciciga mai ko Solomone e dua na **matau na vasua**.

Ni qai coka na dabea mai Wakaya, sa mua lesu tale na i lakolako ki na koro. E ra vakalukalu e na qoroqoro na lewenivanua e na levu ni ika e rau a rawata e na qoli. E tolu na i vua na ika lelevu e rau wasea yani vei ira na veiwekani me i vakayakavi. E vaka ga e kama na veigasau na itukutuku ni qoli e na koro.

Sa dua dina na siga vinaka ni vakacakau.

1. E rau gone ni vei na veitacini?
A. Ra
B. Rewa
C. Kadavu
D. Matuku
2. E rau veicavani ko i rau na veitacini kei na ganei tamadrau?
A. veibuni
B. veivugoni
C. veitinani
D. veitukani

3. Na cava e kurabui kina ko Delai? Ni
 A. raici tamadrau
 B. sa kele vinaka na boto
 C. raica e so na saqa leka
 D. sa kati Solomone e dua na qio leka
4. Na i taraki e dua na mataqali
 A. i sele
 B. moto
 C. dakai
 D. lawa
5. Na vosa e veibasai kei na vosa **ravita** e na i talanoa na
 A. donumaka
 B. tikiva
 C. yawaka
 D. volekata
6. Na vosa **cokonakitaki** e na i talanoa e tautauvata kei na vosa na _____
 A. vakarautaki
 B. vakasaqarai
 C. vakamocera
 D. vakasamataki
7. Na cava na i balebale ni vosavosa vaka- Viti oqo, e **sa melo dina na soko**?
 A. draki ca
 B. draki vinaka
 C. draki veilecayaki
 D. tau vakalevu na uca
8. E vica beka na kaloko **ni sa la'ki tu donu na siga**?
 A. ono
 B. tini
 C. tinikadua
 D. tinikarua
9. E dua na **matau na vasua** e tautauvata ni _____ na vasua.
 A. tini
 B. tinikadua
 C. tinikarua
 D. ruasagavulu
10. E dau matai ko Delai e na _____
 A. siwa
 B. tataga
 C. vavana
 D. cocoka
11. Ko cei e ciciga na vasua e na i talanoa oqo?
 A. Delai
 B. tamadrau
 C. Solomone
 D. Ganei tamadrau
12. Na cava e ra vakalukalu kina na lewenivanua? E na levu ni _____
 A. ika
 B. rere
 C. marau
 D. via moce
13. Na ulutaga cava e na veiganiti kei na i talanoa oqo?
 A. Na Saqa Leka
 B. Na Vakacakau
 C. Na Kerei Ni Boto
 D. Na i Taraki Kalougata

1075 LOVU SANGAM SCHOOL

YEAR 7

BASIC SCIENCE

WORKSHEET – Home package 8

NAME: _____

STRAND: Energy

SUBSTRAND: Forces

CLO: Investigate and demonstrate force, the effect of opposing forces on objects and demonstrate ways of minimizing these forces.

Pressure and Force

Introduction

You may have either read in the newspapers or heard about people who have been killed or injured when their primus stove blew up, or when their kerosene or benzene light exploded. Many road accidents have occurred when tires blow up.

In all these things, air is pumped to a high pressure and if not handled carefully they may explode.

Pressure is the effect of forces at work on solids, liquids and gases. A force is a pull or push applied to an object. A force cannot be seen, but its effects can be seen. For example, when we push a trolley along the ground, we are applying a force to the trolley.

Pressure and force can make things move. It can change the direction and the speed of an object. In this unit, we will discover the effect of forces and pressure on solids, liquids and gases thus help us to understand the world around us better.

3.3.1 What is Force?

We live in a world full of **motions** or movement. Vehicles move; the moon moves around the earth; the earth moves around the sun; ships rock with waves. Wherever you look, there is movement.

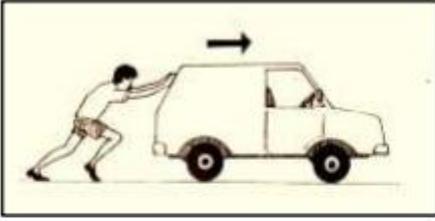
Activity: Pull, Push and Twist

1. Ask someone to close the door. Who pushed the door?
2. Ask someone to open the door. Who opened the door?
3. Ask someone to open the jam jar lid.
4. Ask someone else to close it.

Exercise: Copy and complete

- 1.a. _____ the door to close it.
b. _____ the door to open it.

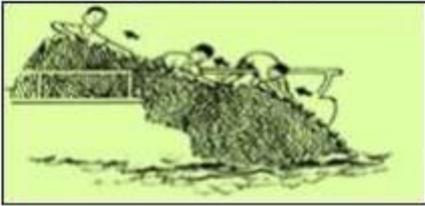
2.



The man is _____ the car.
This makes the car move.



The boy is _____ the boat.
This makes the boat move.



The boys are _____ the fishing net.
This makes the net move.



The man is _____ the plant.
This makes the plant move.



_____ the lid to
open it.
_____ the lid to close it.



The man is _____ the screw
driver.
This makes the screwdriver move.

3. Answer the following questions.

a.) How can we move a wheelbarrow?

b.) What happens in a game “tug of war”?

4. Objects can be made to move by _____, _____ or _____ them.

1075 LOVU SANGAM SCHOOL

YEAR 7

BASIC SCIENCE

WORKSHEET – Home package 9

NAME: _____

Strand	Energy
Sub Strand	Forces
Content Learning Outcome	Investigate and demonstrate force, the effect of opposing forces on objects and demonstrate ways of minimizing these forces

Blunt or Sharp

1.) A force is present whenever an object is pulled, pushed or hit.

2.) If you have to walk over something soft, what sort of shoes would you wear? The modern city girl with her narrow high-heeled shoes would have a lot of problems walking on sand or mud. Why? People who have to walk on snow wear snow-shoes which have wide frames tied to their shoes.



Snow-shoe



Elephant



Bullock



Goat

Elephants and camels have very wide feet but goats have very narrow ones.

- ❖ As Surface Area increases (becomes larger), the pressure decreases and force is spread out.
- ❖ As Surface Area decreases (becomes smaller), the pressure increases, and the force is not spread out.

Activity

1.) A force is present when an object is _____, _____ or _____.

2. Why do large trucks have so many wheels?

Forces and Motion

In this activity we are going to find out the things that forces can do to objects at rest (i.e. not moving) and those which are moving.

Materials:

Drinking straw or paper tube
Ping pong ball
Flat surface

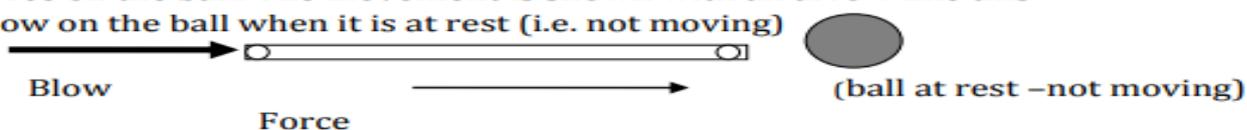


Method:

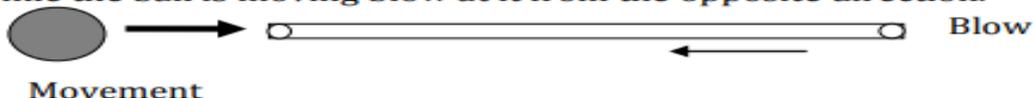
1. Blow through the straw at the ball. Practice until you are good at getting the ball to move. Your breath pushes the ball. The direction of the straw on paper tube gives the direction of the force.

2. Now try blowing at the ball from different directions and observe the effect of the force on the ball. The movement is shown with an arrow like this

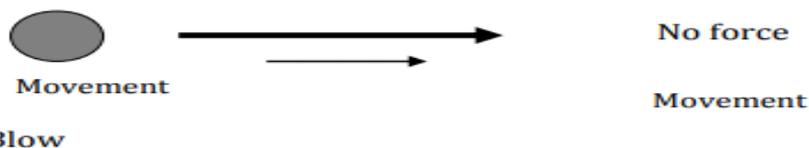
a). Blow on the ball when it is at rest (i.e. not moving)



b). While the ball is moving blow at it from the opposite direction.



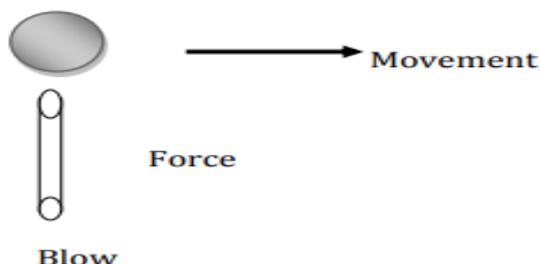
c). Watch the ball moving. Do not blow at it.



d). While the ball is moving, blow at it in the direction of movement.



e). While the ball is moving, blow at it from a direction which is at right angle to the moving ball.



Activity

Word list: faster	change	move	slower	stop
--------------------------	--------	------	--------	------

A force can make something _____, or can _____ it moving. It can make it move _____ or _____. If something is already moving a force can make it _____ its direction.

LOVU SANGAM SCHOOL

Year / Level: 7

Subject: HINDI

Worksheet – Home Package 8

NAME: _____

Strand	सुनना एवं बोलना (Listening and Speaking) पढ़ना एवं सर्वेक्षण करना (Reading & Viewing)
Sub Strand	- सामाजिक व सांस्कृतिक संदर्भ और परिस्थितियाँ - सामाजिक व सांस्कृतिक संदर्भ और परिस्थितियाँ
Content Learning Outcome	- दर्शक व संदर्भ को पहचानना तथा विषय के उद्देश्य को प्राप्त करने हेतु प्रस्तुतिकरण को समायोजित करना - मूल-पाठ के प्रकार-मीडिया, साधारण संप्रेषण, साहित्यिक विषय वर्णन करना कि विशिष्ट उद्देश्य व दर्शकों के लिए विषय कैसे निर्मित होते हैं तथा पहचानना कि पाठ में सांस्कृतिक व धार्मिक मूल्य, मनोभाव व विश्वासकैसे प्रस्तुत होते हैं

५. मित्रों का मिलन

द्वारपाल को जरा भी यकीन न आया कि इतना गरीब आदमी राजा का दोस्त हो सकता है। सुदामा बड़ा ही दीन और दरिद्र दिखाई दे रहा था। द्वारपाल ने सोचा कि कहीं इस आदमी का दिमाग खराब न हो, फिर भी जब यह कहता है कि राजा इस का दोस्त है तो इसके साथ अच्छा बरताव करना होगा।

“अच्छा तो आप हमारे राजा के दोस्त हैं,” द्वारपाल ने कहा, “कृपया थोड़ी देर ठहरो, मैं आपके आने की खबर अन्दर भिजवाता हूँ।”

“मेहरबानी करके यह भी कहलवा देना कि उसका दोस्त सुदामा उससे मिलने आया है।” सुदामा ने कहा।

द्वारपाल ने आवाज देकर दूसरे द्वारपाल को बुलाया और उसे सुदामा के बारे में बतला कर अन्दर भेज दिया। दूसरे द्वारपाल ने अपने बड़े अधिकारी के पास जाकर, फाटक के पास खड़े अजीब आदमी का हाल कह सुनाया।

सन्तरी की बात सुनकर वह अधिकारी महल के अन्दर भगवान कृष्ण के पास पहुँचा।

उस समय भगवान कृष्ण रानी रुक्मणी के साथ बैठे चौपड़ खेल रहे थे। अधिकारी कुछ दूरी पर खड़ा होकर प्रतीक्षा करता रहा कि कब भगवान कृष्ण की आँख उन पर पड़े और कब वह अपनी बात कहे। मगर पहले रानी रुक्मणी ने द्वारपाल को देखा। उन्होंने पूछा, “क्या बात है?”

“एक बहुत ही दरिद्र आदमी बाहर खड़ा है,” अधिकारी ने कहा, “वह महाराज से मिलना चाहता है।”

“कौन है वह ? कहाँ से आया है ?” कृष्ण ने पूछा।

“वह कहीं दूर से आया है और अपना नाम सुदामा बतलाता है।”

“सुदामा !” कृष्ण ने चौंक कर पूछा, “क्या कहा ? सुदामा ?”

“जी हाँ,” अधिकारी ने उत्तर दिया, “उसने अपना नाम सुदामा ही बतलाया है।”

“सुदामा !” श्रीकृष्ण जैसे चिल्ला पड़े, “कहाँ है सुदामा ? मेरा दोस्त, मेरा प्यारा दोस्त सुदामा।”

वे खेल छोड़कर उठ पड़े और तेजी से बाहर की ओर दौड़ पड़े। कृष्ण की यह हालत देखकर रानी और द्वारपाल पहले तो अचम्बे में पड़ गए, फिर रानी भी कृष्ण के पीछे दौड़ पड़ी। राजा-रानी को दौड़ते देखकर वह अधिकारी भी उनके पीछे दौड़ने लगा।

“क्या मामला है ?” सभासद चिल्लाए और बिना कुछ सोचे समझे वे भी राजा रानी के पीछे भाग चले। उन्हें भागता देख रानी द्वारपाल की दासियाँ बोलीं, “यह क्या मामला है ? राजा-रानी और इतने सारे लोग कहाँ भाग रहे हैं ?” ऐसा कहते-कहते वे सब भी उस भागती भीड़ के पीछे-पीछे चल पड़ीं। उन्हें यूँ भागता देखकर महल के सारे नौकर-चाकर और कर्मचारियों में घबराहट फैल गई। उन्होंने आगे देखा न पीछे, वे भी उस अजीब दौड़ में शामिल हो गए।

लिखिए।

१. द्वारपाल को क्यों यकीन नहीं आया कि सुदामा कृष्ण के दोस्त हैं ?

२. सुदामा का नाम द्वारपाल के मुख से सुनते ही कृष्ण ने क्या किया ?

३. भगवान कृष्ण और रानी रुक्मणी क्या खेल रहे थे ?

४. भगवान कृष्ण क्यों खेल छोड़कर दौड़ने लगे ?

५. राजमहल में क्यों भाग-दौड़ मच गई ?

LOVU SANGAM SCHOOL

Year / Level: 7

Subject: HINDI

Worksheet – Home Package 9

NAME: _____

Strand	सुनना एवं बोलना (Listening and Speaking) पढ़ना एवं सर्वेक्षण करना (Reading & Viewing)
Sub Strand	- सामाजिक व सांस्कृतिक संदर्भ और परिस्थितियाँ - सामाजिक व सांस्कृतिक संदर्भ और परिस्थितिया
Content Learning Outcome	- दर्शक व संदर्भ को पहचानना तथा विषय के उद्देश्य को प्राप्त करने हेतु प्रस्तुतिकरण को समायोजित करना - मूल-पाठ के प्रकार-मीडिया, साधारण संप्रेषण, साहित्यिक विषय वर्णन करना कि विशिष्ट उद्देश्य व दर्शकों के लिए विषय कैसे निर्मित होते हैं तथा पहचानना कि पाठ में सांस्कृतिक व धार्मिक मूल्य, मनोभाव व विश्वासकैसे प्रस्तुत होते हैं

६. मित्र की सेवा

उधर फाटक के पास खड़े सुदामा को इतनी थकावट महसूस होने लगी थी कि उस से खड़ा ही न रहा गया। वह वहीं जमीन पर लेट गया था। अचानक उसने देखा कि भगवान कृष्ण आए हैं और उसे उठा रहे हैं। पास ही रानी रुक्मणी खड़ी हैं और अगल-बगल कई आदमी भी खड़े हैं।

श्री कृष्ण ने उसे सहारा देकर उठाया और कहा, “बन्धु सुदामा, आखिर तुम आ ही गए।” सुदामा के मन में एक साथ इतने भाव उठे कि उससे बोला ही न गया। कृष्ण उसे लेकर महल की ओर चलने लगे। वे अभी भी उसे अपने हाथों में उठाकर ले जा रहे थे। पास खड़े लोगों ने उनकी सहायता करनी चाही। पर कृष्ण ने रुक्मणी के सिवा और किसी को सुदामा के समीप भी न आने दिया। इस तरह राजा कृष्ण और रानी रुक्मणी थके हारे सुदामा को लेकर महल में आए और लाकर एक विशाल पलंग पर बैठाया। फिर श्री कृष्ण ने सुदामा के पैर धोएँ। उसके छालों से भरे, सूजे पैर देखकर उनका हृदय भर आया।

उन्होंने तरह-तरह दवाइयों के साथ तैयार किए गए तेलों से सुदामा के पैरों की मालिश की और रानी रुक्मणी ने भी श्री कृष्ण को मदद की। थोड़ी देर बाद भोजन

परोसा गया। सुदामा के भोजन कर चुकने के बाद श्री कृष्ण ने कहा, “हमें एक दूसरे से अलग हुए कई वर्ष बीत गए हैं, फिर भी तुम आज पहली बार मुझसे मिलने आए हो।

खाना खाने और आराम करने से सुदामा स्वस्थ हो गया था । वह बोला, “मेरी पत्नी सुशीला हमेशा कहती रहती थी कि तुमसे जाकर मिल लूँ । मैं खुद भी तुमसे मिलने के लिए बेचैन रहता था । मगर न जाने क्यों कोशिश करने पर भी यहाँ आने का समय नहीं मिलता था ।”

“ओहो,” कृष्ण ने कहा, “तो तुम खुद अपनी इच्छा से नहीं अपनी पत्नी के कहने पर आए हो ।”

तभी सुदामा को सुशीला की दी हुई पोटली याद आई । मगर वह उसे कृष्ण को देने की बजाय अपने बगल में छुपाने लगा । लेकिन कृष्ण ने उसकी पोटली छुपाते देख लिया । उन्होंने तुरन्त हाथ बढ़ाकर पोटली खींच ली ।

कृष्ण ने चटपट पोटली खोली और खोलते ही खुशी से उछल कर बोले, “अहा ! चावल की खीलें ! भाभी ने मेरे लिए कितनी बढ़िया चीज भिजवाई है । क्यों न हो, वे जानती हैं कि मुझे खीलें कितनी अच्छी लगती हैं ।”

ऐसा कहते-कहते कृष्ण ने दो मुट्ठी-भर खीलें खा डाली ।

तभी रानी रुक्मणी ने कहा, “अब बस भी कीजिए । सारी अच्छी-अच्छी चीजें बस आप ही खाते रहेंगे क्या ? कुछ मेरे लिए भी तो रहने दीजिए ।” ऐसा कहकर बाकी बची खीलें रानी रुक्मणी ने स्वयं खा लीं ।

अभ्यास कार्य - इन्हें पूरा करो ।

१. फाटक के पास खड़े सुदामा को ----- महसूस होने लगी थी ।
२. श्री कृष्ण ----- को लेकर महल की ओर चलने लगे ।
३. श्री कृष्ण ने सुदामा के पैरों की ----- की थी ।
४. खाना खाने और आराम करने से सुदामा ----- हो गया था ।
५. बाकी बची -----रानी रुक्मणी ने स्वयं खा लीं ।

Strand	Resources and Economic Activities
Sub Strand	Use and Management of Resources
Content Learning Outcome	Investigate the resources of the Pacific and discuss how these resources have helped in the development of the countries

Resources in Fiji

- Fiji is one of the most developed economies in the Pacific due to an abundance of forest, mineral, and fish resources.
- The main source of foreign exchange is from tourism sector.
- The country's currency is the Fijian dollar.
- Fiji's local government, in the form of city and town councils, is supervised by the Ministry of Local Government and Urban Development.
- But, Fiji still remains a developing country due to the large **subsistence** agricultural sector.
- Fiji has also faced brain drain in recent years.

The Sugar Industry

- Fiji relies very heavily on its sugar industry, as well as its travel, tourism and fishing industries.
- Sugar exports contributes to the country's industrial activity.

The Tourism Industry

- There has been increasing number of tourists visiting the islands each year, though drought and other natural disasters such as floods, drought and cyclones have contributed to the fluctuations in earnings from both the tourism and sugar industries.
- Fishing industry is a large and very important economic aspect in Fiji and this is good for its tourism industry, since Fiji has a number of fishing programs to entertain its visitors.



Sorting tuna at Walu Bay

Activity

1. Define

a.) Subsistence.....
.....

b.) Sugar Industry.....
.....

c.) Tourism industry
.....
.....

d.) Fishing Industry
.....
.....

e.) toxic waste
.....
.....

f.) natural resources
.....
.....

g.) extinct.....
.....

h.) brain drain
.....
.....

DRAW/ COLOUR AND LABEL: some important resources of Fiji



1075 LOVU SANGAM SCHOOL

YEAR 7

SOCIAL SCIENCE

WORKSHEET – Home Package 9

NAME:

Strand	Resources and Economic Activities
Sub Strand	Use and Management of Resources
Content Learning Outcome	Investigate the resources of the Pacific and discuss how these resources have helped in the development of the countries

Other Resources

- Fiji has rich natural resources, including abundant water, rainforests and excellent mineral resources due to its tropical location.
- These resources are very useful for economic reasons as well. Many edible or eatable fish swim near the coastal areas of the islands, including sailfish, barracuda, tuna, numerous species of marlin fish and many others.



Goldmine at Vatukoula

Resources for Export

- Gold is another important export industry, though it is facing some problems as well.
- Fiji also has extensive mahogany timber reserves but these have recently started to become exploited.
- Some other export crops include ginger and dalo, though both of their production levels are decreasing.
- Another industry that has declined in Fiji is its textile industry. Profits from the textile industry had dropped in recent years.



Mahogany plantation

Mineral Water

- A more successful industry is the export of the Fiji Still Mineral Water, which, since 2000, is primarily imported into the United States. By the end of 2006, the industry had taken in about \$52 million per year.



source:portfolios.emorylyc.com

Tropical taste of paradise-Fiji Water

Activity

1. What are the resources for export ?

2. Where is Viti Levu can we find the Mineral Water Company?
