

2036 PENANG SANGAM PRIMARY SCHOOL
YEAR 7
VOSA VAKAVITI
WORKSHEET 14

Vosa Vaka -Viti
Vola na vosa e tautauvata na kenai balebale.

1. Kakua mada ni dau **gone draunidalo**. _____.
2. E a **vakaotia** na nona cakacaka ni bera ni la'ki qito. _____.
3. **Bukia** vinaka na noke e toloomu. _____.
4. E **sotava** vinaka yani na meke o Jiowalesi. _____.
5. Sa **maca** tu na wai e na toevu. _____.
6. E **momoto** na I toki ni kikau. _____.
7. Sa **vidavida** tiko na madrai ko Noame. _____.
8. Keitou a muria na gaunisala **tatakelokelo**. _____.

2036 PENANG SANGAM PRIMARY SCHOOL
YEAR 7
HEALTHY LIVING
WORKSHEET 14

Strand	Safety
Sub Strand	Personal Safety
Content Learning Outcome	Promote the prevention of tobacco and alcohol abuse on society.

Effects of Tobacco on the Individual, Family and the Community

- Three main reasons young people smoke are:
 - to look mature- teens see older people all around them smoking, especially their parents and relatives, they smoke to act older.
 - to be like their friends- if their friends or peers smoke, they may feel pressured into doing the same to be accepted.
 - and to experiment- the excitement of experimenting with something that is forbidden.
- Some have tried to quit but have returned to cigarettes because smoking is such a strong addiction. Cigarettes contains substances (nicotine) that makes people get addicted to it.
- There are two types of smoking:
 - active smoking - a person who smokes at least one cigarette a day.
 - passive smoking - is the inhalation of smoke or breathing in tobacco smoke.
- Smoking contributes to numerous health risks on individuals and one that can be very costly to the family.

Effects of Tobacco on the Individual	Effects of Tobacco on the Family	Effects of Tobacco on the Community
Risk of throat and lung cancer Risk of kidney and bladder cancer	Financial issues (less money to buy food)	Setting bad example to the community members
Risk of brain hemorrhage	Setting bad example to children	Littering the environment
Risk of heart attack/ heart disease	Affects non-smokers health	Air pollution
High blood pressure	Family needs are not met	Damage to the property – fire started by burning cigarette butts
Poor immune system	Causes strain in relationships	Affects non-smokers health

Activity

Answer the following questions.

- Why do young people smoke?
- Why do people get addicted to smoking?
- What is the difference between active smoking and passive smoking?
- List down the effect of smoking on the family.

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

प्रेम के वास्ते

सुदामा जानता था कि श्री कृष्ण और रानी रुक्मणी के लिए चावल के खिलों की भेंट बहुत ही मामूली चीज़ है। उन्होंने सुदामा की भेंट स्वीकार की क्योंकि सुदामा उनका सबसे प्यारा मित्र था। यह सोच कर सुदामा बहुत प्रसन्न हो गया। उसे लगा कि श्री कृष्ण बिलकुल भी नहीं बदले हैं। सुदामा को अपने बचपन की याद आ गई और उसे लगा कि श्री कृष्ण आज भी उसके दोस्त हैं, जैसे वर्षों पहले आश्रम में थे।

श्री कृष्ण ने सुदामा को बताया कि वह जितना दिन चाहे उनके साथ ठहर सकता है। श्री कृष्ण की बात सुनते ही सुदामा को अपनी पत्नी और भूख से बिलखते बच्चों की याद आ गई। वह कहना चाहता था कि वह अधिक दिन नहीं ठहर सकता, परन्तु उस के मन में श्री कृष्ण के साथ रहने की इतनी गहरी इच्छा थी कि उसने कुछ और ही कह दिया। उसने श्री कृष्ण से कहा कि वह ज़रूर कुछ दिन ठहरेगा और आश्रम छोड़ने के बाद की यादें ताज़ा करेगा।

अभ्यास

नीचे दिए गए प्रश्नों का जवाब पूरे वाक्य में लिखो।

१. सुदामा क्या जानता था ?

२. सुदामा क्यों प्रसन्न हो गया था ?

३. श्री कृष्ण की बात सुनकर सुदामा को किस की याद आ गई थी ?

४. सुदामा क्या कहना चाहता था ?

५. सुदामा ने श्री कृष्ण से क्या कहा ?

2036 Penang Sangam Primary School
Year 7
Mathematics
Worksheet 14

Strand	Measurement
Sub Strand	Time
Content Learning Outcome	Use operations to calculate value of time in hours and minutes

Operating with Time

1. Knowing how much time is spent on daily activities (prayer, exercise, work, sleep, study, grooming, eating, travelling, leisure) helps us to use our time wisely.

Example:

Kim spent 2 hours 20 minutes studying on Monday, 3 hours and 10 minutes on Tuesday and 2 hours and 45 minutes on Wednesday. For how many hours and minutes did she study in these 3 days?

$$\begin{array}{r}
 2\text{hr } 20\text{min} \quad (\text{Do not add directly}) \\
 3\text{hr } 10\text{min} \\
 + \underline{2\text{hr } 45\text{min}} \\
 \hline
 \end{array}$$

Step 1: Add the minutes **first**: $20\text{min} + 10\text{min} + 45\text{min} = 75\text{min}$

75 minutes is **more** than 1 hour, therefore, we have to find how many **hours** are there. To find the number of hours, **divide** the total minutes by 60.

$$\begin{array}{r}
 1R15 \\
 60 \overline{)75} \\
 \underline{-60} \\
 15
 \end{array}$$

(1 represents hours and 15 represents minutes)

Step 2: Add all the hours: $2\text{hr} + 3\text{hr} + 2\text{hr} + 1\text{hr} = 8 \text{ hours}$

Step 3: Put total hours and minutes (remainder in step 1) together to get the answer.

$$\begin{array}{c}
 \boxed{\text{From step 2}} \quad \boxed{8 \text{ hours } 15 \text{ minutes}} \quad \boxed{\text{Remaining minutes from step 1}}
 \end{array}$$

Activity

1. Sam spent 1hr 55min in his garden on Saturday and 2hr 50min on Sunday. How many hours and minutes did he spend in his garden altogether in these two days?
2. A bus travelled from Rakiraki to Tavua in 50 mins and from Tavua to Ba in 35 mins. How long was the trip from Rakiraki to Ba?
3. Jenna went for a 5 hour boat trip. If she has travelled for 3hr 25 min, how much time does she have left for completing the trip?

Strand	Time, Continuity and Change
Sub Strand	Continuity and Change
Content Learning Outcome	Identify and sort the various forms of leaders that exist in the Pacific.

Leaders in Fiji's Democratic Parliament and How they are Chosen

1. **President of Fiji** - elected by parliament in 2015 to be Head of State.
2. **Prime Minister** - the leader of the party with a majority of members in parliament becomes Head of Government.
3. **Leader of Opposition** - the leader of the largest non-government party and is elected by the members.
4. **Speaker** - Chairs the proceedings of parliament and is elected by the members of parliament but is not a member of parliament.
5. **Ministers** - Members of parliament from the Government party selected by the Prime Minister to lead portfolio areas.
6. **Members of Parliament** - elected by the people of Fiji. Generally members belong to a political party.

Activity



Answer the following questions.

1. How is the 'Leader of the Opposition' appointed?
2. What is the importance of the Speaker in the Parliament House?
3. _____ the leader of the party with a majority of members in parliament.
4. _____ elected by parliament in 2015 to be Head of State.
5. How are 'Members of Parliament' chosen?

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.

Changes when Substances Burn

1. When substances are burned, some changes will take place.
2. Burning uses some form of energy to change the substance burnt.
3. The experiment below explains what happens when substances burn.

Substances	Method	Diagram	Observation
<u>Liquid</u> Kerosene Methylated spirit Oil	Put selected substance on a tin lid, add a short wick then light it up.		You will observe that the wick burns producing light and heat.
<u>Solid</u> Piece of bread Dried twig	Put the dry twigs together and light it up. Put the piece of bread in the fire.		You will observe that the dried twig easily catches fire and slowly turns to ashes. Also, the bread burns, turning the color to black and becoming hard.

Note: For clear diagrams, follow from page 90.

Activity

Answer the following questions.

1. What is required for burning to take place?
2. Write down the substances used in the first experiment.
3. What was observed in experiment no. 1?
4. How is experiment no. 2 carried out?
5. What is observed in experiment no. 2?