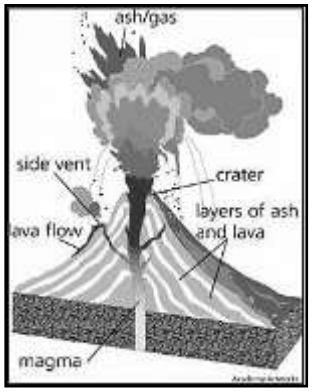
2034 NANUKU SANGAM SCHOOL
NEW TERM RE-ALIGNED
WORKSHEET 13 -2021

Subject: English **Year: 7** **Name: _____**

Strand: Writing and Shaping
Sub-Strand: Language features and rules
CLO: Examine & explain socio cultural & other values, attitudes and beliefs and their relationships with the text used, audience, purpose and conventions.

LESSON NOTES: **COMPREHENSION PASSAGE**

WHAT ARE VOLCANOES?



A volcano is formed when molten rock or magma escapes to the earth's surface. This usually occurs in places where the earth's tectonic plates meet. There are some places where volcanoes are found in the middle of the plate e.g. volcanoes found on the islands of Hawaii. The hole where lava and gases escape is called a vent. There are two types of vents: a hole in the ground or the top of a hill or mountain that was formed by lava.

Magma slowly builds up under the surface of the earth. When the pressure becomes too much it rises to the surface and causes an explosion of cinders, ash, gases and lava. When molten rock is in a volcano it is called magma but when it leaves a volcano it is referred to as lava. There are 4 types of volcanoes: dome, cinder cones, shield volcanoes and strato or composite volcanoes.

Dome volcanoes are shaped like a dome. After its first eruption, the vent or opening at the top of the volcano is sealed with hardened lava. **Cinder cone** volcanoes are shaped like an upside down ice cream cone. They can occur alone or in groups or fields. **Shield** volcanoes look like an ancient warrior shield. They have gentle slopes and very broad or wide sides. **Strato or composite** volcanoes are formed over many eruptions. The thick, slow moving lava hardens then the next layer forms over it and hardens and it continues. While volcanoes usually bring death and destruction it also, after some time, brings new growth and life to an area.

ACTIVITY: Part A – Comprehension Check

1. How are volcanoes formed?

_____

_____

2. Where do we usually find volcanoes?

_____

_____

3. Explain the difference between magma and lava.

_____

_____

_____

4. Describe the **two** types of vents.

_____

_____

5. Name the **four** types of volcanoes.

_____

_____

_____

_____

Part B – Fill In The Blanks

1. There are some places where _____ are found in the middle of the plate.

2. There are _____ types of _____.

3. Magma slowly builds up _____ the surface of the _____.

4. _____ volcanoes are shaped like a dome.

5. _____ _____ volcanoes are shaped like an upside down ice cream cone.

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Subject: Mathematics **Year: 7** **Name:** _____

STRAND –Geometry

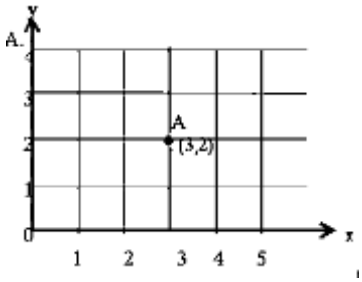
SUB – STRAND: Coordinates

CLO: Investigate and explain ways of recognizing numbers on a Cartesian or co-ordinates plane to determine midpoint length, gradient of an interval joining two points on the number plane.

LESSON NOTES:

Coordinates

Coordinates are ordered pairs of values usually in numbers to show position. Points are plotted on a Cartesian or Coordinate plane with the x and y axis; similar to two number lines intersecting at the corner called the origin. The X- axis is the horizontal line (across) direction. The Y- axis is the vertical line (up-down) direction.

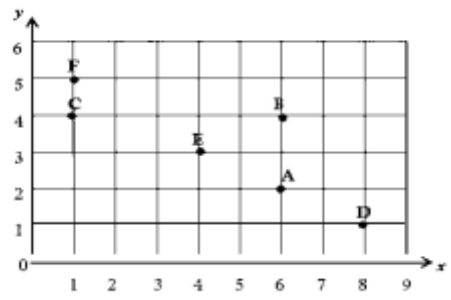


Example: Find the coordinates of point A.

In here, the x -axis is shown by the horizontal line and y-axis by the vertical line. The coordinates for point A is 3 units across then 2 units up hence it is written as (3, 2). The point is always written in the (x, y) format.

ACTIVITY:

PART A: Write down the coordinates of the points shown on the coordinate plane.



A = [6,2]

B = [_____, _____]

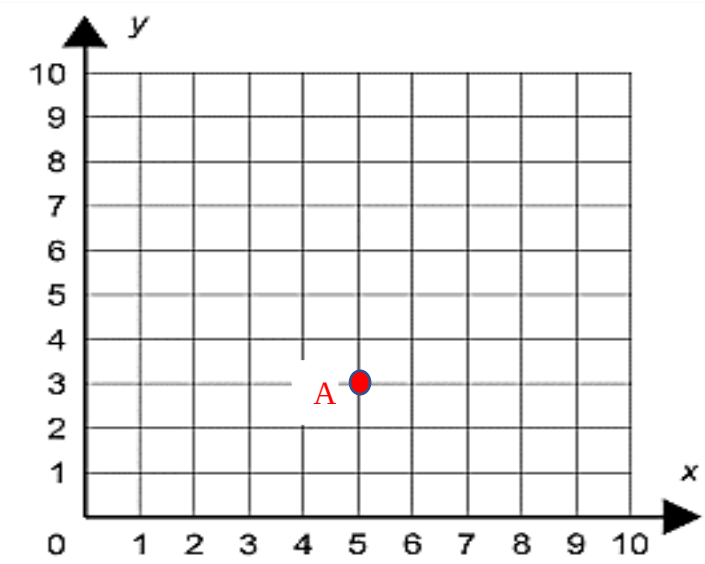
C = [_____, _____]

D = [_____,_____]

E = [_____,_____]

F = [_____,_____]

PART B: Plot the following points on the coordinate plane given below.



A =	[5,3]
B =	[2,1]
C =	[4,6]
D =	[7,0]
E =	[4.4]
F =	[10,3]
G =	[9,4]
H =	[6,5]
I =	[0,0]
J =	[4,9]
K =	[7,1]
L =	[6,6]
M =	[8,3]
N =	[0,5]

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Subject: Healthy Living **Year: 7** **Name: _____**

STRAND: Personal And Community Health

SUB-STRAND: People and Food.

CLO: Recognize the need for nutritious food.

Analyse effects of food preservatives, additives and genetically modified foods.

LESSON NOTES: **Nutrients in Food**

Nutrients are necessary for the body to function properly. The six essential nutrients include carbohydrates, protein, fat, vitamins, minerals and water.

(a) **Carbohydrates** - are the main energy source for the brain. Without carbohydrates, the body could not function properly. Sources include fruits, breads and grains, starchy vegetables, sugars, cassava, dalo, yam, breadfruit, kumala.

(b) **Protein** - is the major structural component of cells and is responsible for the building and repair of body tissues. Protein is broken down into amino acids, which are building blocks of protein.

(c) **Fat** - is an energy source that when consumed, increases the absorption of fat-soluble vitamins.

(d) **Vitamins** - Vitamin C is necessary for the structure of blood vessels, bone and ligaments. Rich sources include citrus fruits, strawberries and peppers and vegetables.

(e) **Minerals** - Sodium helps to maintain fluid volume outside of the cells and helps cells to function normally. Potassium maintains fluid volume inside and outside of cells and prevents the excess rise of blood pressure with increased sodium intake. Rich sources include bananas, potatoes and tomatoes. Calcium helps to maintain and build strong bones and teeth.

(f) **Water** - helps to maintain homeostasis in the body and transports nutrients to cells. Water also assists in removing waste products from the body. Adults should consume about 2 to 3 litres per day.

Food Preservatives

Food preservation has long been used by our elders in the past. In these modern times, preservatives are still necessary to ensure the safety of foodstuff available for consumption.

ACTIVITY:

1. List the six essential nutrients. The six essential nutrients include carbohydrates, protein, fat, vitamins, minerals and water.

Define the following:

2. Carbohydrates	
3. Fats	
4. Protein	
5. Fat	
6. Vitamins	
7. Minerals	
8. Water	

9. What are food preservatives?

_____

_____

10. What will a balanced meal contain?

_____

_____

Example: _____

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Subject: Hindi **Year: 7** **Name: _____**

STRAND:	H2 – पढ़ना एवं सर्वेक्षण करना
SUB STRAND:	H2.3 – सामाजिक व सांस्कृतिक संदर्भ परिस्थितियाँ
CONTENT LEARNING OUTCOME:	H2.3.1 वर्णन करना कि विशिष्ट उद्देश्य व दर्शको के लिए विषय कैसे निर्मित होते हैं तथा पहचानना कि पाठ में सांकृतिक व धार्मिक मूल्य, मनोभाव व विश्वास कैसे प्रस्तुत होते हैं।

LESSON NOTES:

२. कृष्ण सुदामा की जीवनी

कई वर्ष बीत गए मगर कृष्ण और सुदामा की भेंट न हो सकी । अब कृष्ण द्वारका के राजा हो गए थे । उन्होंने बहुत बड़े-बड़े काम किए, लड़ाइयाँ लड़ी और जीती । कई बार राजाओं के आपसी झगड़े निपटाएँ । उनके राज्य में शान्ति थी और लोग सुख से जीवन बिता रहे थे ।

यही नहीं प्रजा के लोग भी राजा को बहुत प्यार करते थे । जब प्रजा पर कोई दुख या संकट आता तो वे अपने राजा श्री कृष्ण के पास मदद के लिए जाते थे । उनके पास हर समस्याओं का समाधान था । श्री कृष्ण की राजधानी द्वारका में सब लोग मिल-जुल कर बड़े प्यार से रहते थे ।

दूसरी तरफ सुदामा उतना ही गरीब था । वह द्वारका से बहुत दूर एक छोटे से गाँव में रहता था ।
सुदामा पूजा-पाठ करने-कराने का काम किया करता था । इस काम में मुश्किल से उसका गुजारा होता था ।

कुछ दिन बाद सुदामा की शादी भी हो गई । उसकी पत्नी का नाम सुशीला था । वह बहुत ही अच्छी और संस्कारी औरत थी । गरीबी में ही उनका समय बीतता गया ।

सुदामा के कई बच्चे भी हो गए थे । इस तरह उसका परिवार तो बढ़ता रहा पर आमदनी पहले जितनी ही बनी रही । उसके पास कहने को एक छोटा-सा घर, जरा सी जमीन और एक गाय के सिवा और कुछ भी न था । उसका ज्यादातर समय पूजा-पाठ और चिन्तन-मनन में बीत जाता था ।

घर को चलाने और बच्चों की देख-रेख का सारा काम अकेले सुशीला को करना पड़ता था । सुशीला बहुत मेहनत से काम करती और जैसे-तैसे अपने परिवार का

लालन-पालन कर सुदामा को घरेलू झंझटों से बचाए रखती थी । घर की जिम्मेदारी उठाना उसके लिए एक कठिन काम था ।

जैसे-जैसे समय बीतता गया सुशीला की मुसीबतें भी बढ़ती गईं । अब तो बड़ी कठिनाई से वह अपने परिवार का खर्च चला पाती ।

परिवार का पेट भरने के लिए वह पड़ोसियों से उधार लेना शुरू कर दी । किसी से चावल लिए, किसी से थोड़ा सा दूध तो किसी से थोड़ी बहुत तरकारियाँ । केवल कुछ दिनों तक पड़ोसियों ने उधार दिया । सुशीला उधार लौटा नहीं पाती थी इसलिए अब कोई उसे उधार भी नहीं देता । वे सुशीला से तंग आ गए थे । वे जैसे ही सुशीला को अपने घर की ओर आता देखते वैसे ही दरवाजा-खिड़की बन्द कर लेते ।

सुशीला सब तरफ से दुखी हो गई । वह यही सोच में रहती कि कैसे अपने छोटे-छोटे बच्चों का पेट भरे ? उन्हें तो किसी तरह खिलाना ही था । ऐसी हालत में सुशीला करे भी तो क्या करे ?

अभ्यास कार्य

ख. अपनी अभ्यास पुस्तिका में ✓या ×के द्वारा बताइए कि नीचे दिए गए वाक्य सही है या गलत ।

१. श्री कृष्ण की राजधानी द्वारका थी । ---

२. कृष्ण और सुदामा की भेंट हमेशा होती रहती थी । ---

३. परिवार का पेट भरने के लिए सुदामा पड़ोसियों से उधार लेता था । ---

४. सुदामा का अधिक समय पूजा-पाठ और चिन्तन-मनन में बीत जाता था । ---

५. कृष्ण के राज्य में शान्ति थी और लोग सुख से जीवन बिता रहे थे । ---

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

१. श्री कृष्ण का राज्य कहाँ पर था ?

२. सुदामा क्या कार्य करता था ?

३. सुदामा की पत्नी सुशीला कैसी औरत थी ?

४. परिवार को पालने के लिए सुशीला क्या-क्या करती थी ?

५. पड़ोसियों ने सुशीला को उधार देना क्यों बन्द कर दिया था ?

1. ----------
---

2. ----------
---

3. ----------
---

4. ----------
---

5. ----------

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Subject: Social Science **Year: 7** **Name: _____**

Strand: Resources and Economic Activities
Sub- Strand: Use and Management of Resources
CLO:.. Investigate resources of the Pacific and express how these resources have helped in the development of the countries.

LESSON NOTES: **Resources in Tonga**

Tonga is composed of 170 islands, 36 of which are inhabited. Tongatapu is the largest and most populated island (25,900 hectares with 64,000 inhabitants).

In the country's traditional farming system, food crops, mostly coconuts, are cultivated under the canopy of trees. The traditional agroforestry system however, has undergone some changes and is moving toward commercial farming systems, thus reducing the number of standing trees. All land is community property.

Tonga's very limited forest resources consist of natural hardwood forests, exotic plantation forests, and coconut plantations. Natural hardwood forests can only supply a small and ever decreasing part of the domestic timber demand because of over-exploitation and depletion by clearing for shifting cultivation. It is estimated that only 4,000 hectares remain of natural hardwood forests. It has been proposed that the remaining forest be protected as a national park because of its biological diversity.

In the 1950's, land was allocated for the development of forest farms. By September 1992, 579ha of mainly Pinus Caribbean had been planted on exposed and infertile sites. Tonga's extensive coconut plantations are its largest timber resource and will continue to be the major source of domestic timber production.

Fuel wood is the main source of energy: 80% of the households use wood for cooking and 70% of fuel wood cut is for household consumption. Tonga also produces handicrafts which require significant amounts of wood. These handicrafts are culturally important and provide domestic and export earnings. Resources of sandalwood have declined, leaving only a short-term supply for local consumption. Non-wood products, such as dye from the bark of koka trees and mangroves for making tapa cloth, are also important.

The country has seven protected areas, as well as nine marines and two territorial parks. Tourism has begun to play an increasingly important role in the country's economy. Earnings from tourism are double those of all exports combined.

The Risks of Not Managing Resources Well

Pacific Islanders need to manage and monitor their resources well. They need to put in place laws that will protect their resources so that outsiders will not overuse it or destroy it completely. If Pacific Islanders are not careful with their resources, then they will face the financial consequences that will come with it. They will have debts and will loan money from other countries like China, Australia or even the World Bank. When we are in debt to one of the world's lending institutions and we can't pay it off then our beloved islands will belong to them.

ACTIVITY:

1. How many islands are there in Tonga? Tonga is composed of 170 islands.

2. Which is the largest island in Tonga?

_____

3. Which type of land is in Tonga?

_____

4. What is the main source of energy in Tonga?

_____

FILL IN THE BLANK SPACES GIVEN BELOW.

5. Tonga's very limited forest resources consist of natural hardwood forests, exotic plantation forests, and coconut plantations.

6. It is _____ that only 4,000 hectares remain of natural hardwood forests.

7. Pacific Islanders need to _____ and _____ their resources well.

8. They need to put in place laws that will protect their _____ so that outsiders will not overuse it or destroy it completely.

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Subject: Basic Science **Year: 7** **Name: _____**

STRAND: Earth and Beyond

SUB-STRAND:. The Earth and Our Solar System

CLO: Investigate the components of weather and climate, and explain how they contribute towards changes in weather patterns.

LESSON NOTES:

What is Weather?

Scientists have studied that weather is the condition of the atmosphere over a certain place in a short period of time. Weather is always changing and is different in places around a country, region and around the world. It may be warm and sunny in one place and cold in another.

Importance of Weather to People

(i) The **rainy weather** is very important to people and other living things because rain is the water source that every living thing use in order to live. Rain fills up water in the rivers, lakes and seas, where it is the home of fishes and other aquatic creatures that is part of our food chain.

(ii) The **sunny weather** is important to us because the sunlight is the main source of light and energy. The plants receive sunlight from the sun which is a great component of the photosynthesis process in order for plants to breathe out the oxygen that we need to live. The natural water cycle is powered by the sun's rays and the heat of the sun also causing the rise and fall of a day's temperature.

(iii) The **windy weather** is very important because it helps in moving the air which is around so that there can be constant flow of oxygen, plants need the wind for pollination, and it is also important for moving weather to different regions. People use it to generate energy to generate electricity instead of fossil fuels which are harmful to the environment. Wind energy is pollution free and does not cost a lot of money.

Components of Weather and How They Contribute to Weather Patterns

(a) **Temperature** of our climate depends on where we are on Earth. It is always warmer at the equator and cooler at the North and South Poles because the sun's rays hit the equator more directly. Temperature controls this other elements of weather such as precipitation, humidity, clouds and atmospheric pressure.

(b) **Wind** is another part of weather; it is the movement of air masses from high pressure areas to low pressure areas. It moves other components such as clouds and precipitation. The differences in temperature cause wind to form.

(c) **Precipitation** is the water that fall from clouds in the form of rain, snow, hail and sleet. It is the product of any condensation process. The temperature affects what type of precipitation it will be.
(d) **Humidity** is the level of water in the air, the more the water vapour in the air, the higher the humidity. If the humidity level is more than the amount of water air can hold, condensation occurs forming dew if it's warm or frost if it's cold. Humidity varies with temperature-the warmer the air the more it will hold the moisture.
(e) **Air / Atmospheric Pressure** is the weight of the air. Cold air is heavier and sinks to the ground while warm air rises. When air moves it produces wind. Air moves from high pressure area to places where there is not so dense. Pressure is shown on a weather map, with lines on the map called isobars. In other words, isobars are lines on a weather map joining places of equal atmospheric pressure.

Main Causes of Weather

The major cause of weather is the Sun. The sun heats up the atmosphere thus resulting in the different weather processes such as wind, precipitation, cloud etc. The atmosphere becomes the giant heat agent continuously being driven by the sun.

ACTIVITY:

1. List the importance of the following:

[a] Rainy Weather – *is very important to people and other living things because rain is the water source that every living thing use in order to live.*

[b]Sunny Weather - _____
_____

[c] Windy Weather - _____
_____

2. List the **five** components of weather.

_____
_____
_____
_____
_____

FILL IN THE BLANK SPACES GIVEN BELOW.

3. Temperature controls other elements of weather such as precipitation, humidity, clouds and atmospheric pressure.

4. _____ is another part of weather; it is the movement of air masses from high pressure areas to low pressure areas.

5. The temperature affects what type of _____ it will be.

6. Air moves from _____ pressure area to places where there is not so _____.

7. The major cause of weather is the _____.

8. The atmosphere becomes the giant heat _____ continuously being driven by the sun.

NANUKU SANGAM SCHOOL

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LESSON NOTES [SUBJECT]: NVVT YEAR / LEVEL: 7 NAME: _____

LESONI:	Na vosa vaka itaukei ena ika vitu ni yabaki
YACA NI MATANA:	Wilivola kei na vakadidigo
NANAMAKI NI MATANA:	Wililiki vakadigova, kila vakavinaka na veimataqali vosa,kedrai bulibuli me rawa ni vakadeitaki kina na itukutuku.

A. Na Vakadidigotaki Yatuvosa

Na I vakatakilakila Eso E na Yatuvosa

" - na i dola ni yatuvosa " - na i sogo ni yatuvosa .

. na i cegu levu , - na i cegu leka

? - na i cegu taro ! - na I cegu kurabui

Kena I Vakaraitaki

1. Vosa Vakadodonu "Au dau masu e na veisiga," a kaya ko Sera.

2. Taro "Ko cei na yacamu?" a taro ko Makereta.

3. Kaila "Tiko lo!" a kailavaka yani ko Seru.

Veitarataravi ni veika mo cakava.

i)Wasea na i yatuvosa. -a) na cava e tukuni b) o cei e tukuna

ii) Vakadigotaka na I matai ni wasewase

iii) Tinia ena I cegu levu na I karua ni wasewase

Cakacaka Lavaki

A. Vakadigotaka vakadodonu na yatuvosa e ra.

1. Mo ia tiko ga na masu a kaya ko Mere _____

2. Ko na gole e na siga cava a taro ko Sai _____

3. Au na lako ena siga Moniti a tukuna ko Josua _____

4. Lako laivi ki tautuba a kailavaka yani ko Rosi vei tacina _____

B. Vola na vakaleleka ni vosa e ra.

Kena I vakaraitaki (Au sa la'ki vuli **de'u** na cudruvi vei qasenivuli.)

1. lako ki -_____ 2. la saka - _____

3. me au - _____ 4. de au - _____

A. VOLA VAKADODONU NA IYATUVOSA ERA.

1. ko sa lako tu ki vei ilimotama

   .....

2. e na qai lako ena siga cava ko mataiasi

   .....

3. na noqu koro ko sawaieke mai gau.

   .....

4. au a lako mai e na siga moniti

   .....

5. ko a vodo li mai ena waqa na adi talei

   .....

B. VAKADIGOCA VAKADODONU NA IYATUVOSA ERA.

1. Ko cei ea laucoqa mai Suva e na yakavi na noa a taroga ko Semi

   .....

2. O sobo sa qai cala tale na neirau veivosaki ni a dodonu me keirau sota e na mata ni koronivuli a kaya ko tinaqu

   .....

3. A cava na vuni nona dro ko simeli a taroga ko eremasi

   .....

4. Au a nanuma mai ni waqa tu na sitovu a sauma ko simeli

   .....

5. Sabusabu cava ko dou nanuma vei au a kaya ko Joseva

   .....

6. E ka yaga me da gunu wai tiko vakalevu a vakamacalataka ko Vuniwai Tukana

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