

2036 PENANG SANGAM PRIMARY SCHOOL
YEAR 7
ENGLISH
WORKSHEET 19 - SOLUTIONS

Activity

Complete the sentences below by putting in the correct missing prepositions. Use the words given in the table.

at	under	behind	on	off	in
----	-------	--------	----	-----	----

1. He sat **on** the chair.

2. There is some milk **in** the fridge.

3. She was hiding **under** the table.

4. The cat jumped **off** the counter.

5. She lost her ring **at** the beach.

6. The sun peeped out from **behind** the clouds.

2036 Penang Sangam Primary School
Year 7
Mathematics
Worksheet 19 - Solution

Strand	Measurement
Sub Strand	Time
Content Learning Outcome	Calculate speed, time and distance.

Activity

1. What distance will a jet plane with a speed of 1200 miles per hour cover in 6 hours?

$$\begin{aligned}d &= s \times t \\ &= 1200\text{mi/hr} \times 6\text{hr} \\ &= \underline{7200\text{miles}}\end{aligned}$$

The jet plane covered a distance of 7200 miles.

2. A dog ran for 45 minutes at a speed of 15 metres per minute. What distance did it cover?

$$\begin{aligned}d &= s \times t \\ &= 15\text{m/min} \times 45\text{min} \\ &= \underline{675\text{m}}\end{aligned}$$

The dog covered a distance of 675m.

3. An ambulance travelling at 100km/hr will cover what distance in 3 hours?

$$\begin{aligned}d &= s \times t \\ &= 100\text{km/hr} \times 3\text{hr} \\ &= \underline{300\text{km}}\end{aligned}$$

The ambulance will cover a distance of 300km.

2036 PENANG SANGAM PRIMARY SCHOOL
YEAR 7
HEALTHY LIVING
WORKSHEET 19 - SOLUTIONS

Activity

Answer the following questions.

1. Carbohydrates are the main **energy** source for the brain.
2. **Protein** is responsible for building and repair of body tissues.
3. **Fats** increase the absorption of fat-soluble vitamins including vitamins A, D, E and K.
4. **Vitamin C** is necessary for the structure of blood vessels, bones and ligaments.
5. Calcium helps to **maintain and build strong bones and teeth.**
6. **Water** assists in removing waste products from the body.

Strand	हिंदी व्याकरण
Sub Strand	बोधन
Content Learning Outcome	बोधन को पढ़ो और अभ्यास कार्य पूरा करो ।

अभ्यास

नीचे दिए गए प्रश्नों का जवाब पूरे वाक्य में लिखो।

१. समय क्या है ?
 - समय मनुष्य जीवन का अमूल्य धन है ।
 - समय मनुष्य जीवन का एक महत्वपूर्ण अंश है ।

२. दुनिया के महान व्यक्तियों की सफलता का रहस्य क्या है ?
दुनिया के सभी महान व्यक्तियों की सफलता का रहस्य समय का सदुपयोग है ।

३. किस तरह का व्यक्ति अपना भविष्य बिगाड़ लेता है ?
 - जो व्यक्ति समय का दुरुपयोग करता है वह अपना भविष्य बिगाड़ लेता है ।
 - जो व्यक्ति समय को नष्ट करता है वह अपना भविष्य बिगाड़ लेता है ।

४. समय का सदुपयोग करने से क्या होगा ?
 - समय का सदुपयोग करने से हम सदा प्रसन्न, स्पष्ट और संपन्न रहेंगे ।
 - समय का सदुपयोग करने से हमें जीवन में सफलता मिलेगी ।

५. इस पाठ से हमें क्या सीख मिलती है ?
इस पाठ से हमें:
 - समय का सदुपयोग करने की सीख मिलती है ।
 - जीवन में सफलता पाने का एकमात्र रास्ता की सीख मिलती है ।
 - समय को नष्ट ना करने की सीख मिलती है ।
 - समय के महत्व को समझने की सीख मिलती है ।

2036 Penang Sangam Primary School
Year 7
Social Science
Worksheet 19
Solution

Strand	Place and Environment
Sub Strand	Features of Places
Content Learning Outcome	Investigate characteristics of being an island country.

Activity

Answer the following questions.

1. What is your citizenship?
Fiji citizen/ Fijian (answers may differ).
2. What rights do children have at home?
Right to food, security, education, love and care, clothing and right to freedom of speech.
3. As an individual in your community, what are your responsibilities?
 - **Keep the environment clean, neat and tidy.**
 - **Help the needy.**
 - **Dispose rubbish in the bins provided.**
 - **Have healthy relationships with everyone.**

2036 PENANG SANGAM PRIMARY SCHOOL
YEAR 7
VOSA VAKAVITI
WORKSHEET 19 – SOLUTION

- a.) Keitou sa laki cavu dalo mai.
- b.) Keimami sa laki se duruka mai.
- c.) E rau sa kauta na nodrau isulu ki wai.
- d.) Keimami sa laki siwa keimami ika mai.
- e.) Keitou sa laki cavu tavioka me keitou ivakayakavi.

2036 Penang Sangam Primary School
Year 7
Basic Science
Worksheet 19
Solution

Strand	Energy
Sub Strand	Energy Transformation, Use and Conservation
Content Learning Outcome	Explore the different forms of energy and their uses and discuss conservation of renewable energy sources.

Activity

Answer the following questions.

1. Does sound travel through solids?

Yes, it does travel through solids.

2. What is vacuum?

Vacuum is an empty space without air.

3. Why can't sound travel through vacuum?

It is an empty space without air.

4. Why do theatres have thick curtains?

Theatres have thick curtains to absorb the sound and heat.

5. What is an echo?

It is the reflection of the sound produced.