

Nadroga Sangam School
Year 7
Healthy Living
Worksheet 1 Solutions 2021

Q1) Males and females have different responsibilities in our community. Males mostly are the head of families and do outdoor work like gathering food and hunting. On the other hand, females mostly do domestic duties and take care of the children. However, in recent times this has been changing and there is more gender equality. Males and females are now sharing the roles of domestic work and looking after the children. This is because many women are working nowadays and also the constitution gives them more rights.

Q2) Peer pressure is the feeling that someone your own age is pushing you towards making a certain choice. It is also group forces by members of one's peer group to take a certain action. There are many positive examples of how peer influence can make a person grow and develop new skills. For example, a classmate shows you how to solve a difficult maths problem. Peers can also have a negative impact on you. Your classmate might try to make you write nasty comments about someone on the walls of the school toilet. You may end up shoplifting just because some friends want you to do it, although you know that it's wrong. These situations are all examples of negative peer pressure. One explanation of why peer pressure is so powerful is that people want to be loved and accepted by others. It is easier to be influenced to do things that you wouldn't normally do if you are in a crowd. The idea that "everyone else is doing it so why shouldn't I?" can make sensible people behave in strange ways.

Q3) Values are what we find meaningful in life. They are what you care about and consider being important. For example, students value time, respect, love or religion. The environment in which one is raised up in plays a very important role in forming values for that person. How a person is being raised in a family/ community and what kind of beliefs (religious or traditional) is bestowed upon him will help to produce what he values in life. For example, a child brought up in a religious family will value religion and respect whereas a child who is brought up in a broken and poor family might value money and relationships.

Q4. Global warming and Climate Change have become major threats to the environment and to the smaller Pacific island countries. Global warming is a gradual increase in

the overall temperature of the earth's atmosphere while climate change is the significant change in global weather patterns.

These have led to increased heat and drought. There has been insect outbreaks and diseases all linked to climate change. Other effects include declining water supplies, reduced agricultural yields, flooding and erosion in coastal areas. More frequent and intense drought, storms, heat waves, rising sea levels, melting glaciers and warming oceans can directly harm animals, destroy the places they live, and wreak havoc on people's livelihoods and communities. As climate change worsens, dangerous weather events are becoming more frequent or severe.

Hence, there is a need to reduce these. This can be done by using renewable energy which is pollution free. We can also use 3r's- reduce, reuse and recycle. This will help to reduce pollution and decrease the harmful gases which cause climate change. We must also stop deforestation in all forms. Do not cut down more trees as it will only worsen the level of carbon dioxide in the air. Instead, encourage people to plant even more trees to create a fine balance in nature.