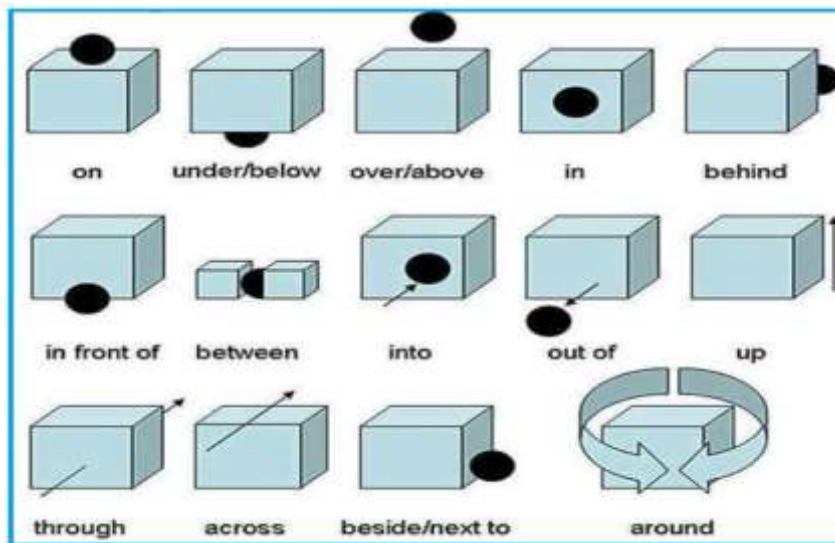


2036 PENANG SANGAM PRIMARY SCHOOL
YEAR 7
ENGLISH
WORKSHEET 19

Strand	Writing and shaping
Sub Strand	Language features and rules.
Content Learning Outcome	Examine and use structurally sound sentences in meaningful and functional manner.

Prepositions

1. A word placed before a noun or a pronoun.
2. Prepositions indicate directions (to, into, towards, away), time and direction (since, till, until, for, by, during) and locate the place of activities (under, from, near).



Examples

1. Peter is waiting **for** Jack.
2. The short boy is afraid **of** the bully.
3. The tree fell **on** the road.
4. Mathew was sitting **under** the tree.
5. A plane is flying **above** the village.

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
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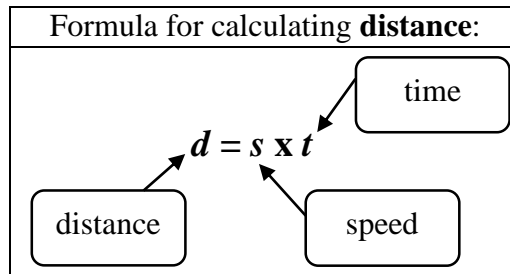
1. He sat _____ the chair.
2. There is some milk _____ the fridge.
3. She was hiding _____ the table.
4. The cat jumped _____ the counter.
5. She lost her ring _____ the beach.
6. The sun peeped out from _____ the clouds.

2036 Penang Sangam Primary School
Year 7
Mathematics
Worksheet 19

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

Distance

1. Anything that is moving covers a certain **distance**.
2. **Distance** is a measure of the length covered while travelling.
3. **Distance** can be measured in miles(mi), kilometres(km) and metres(m).
4. **Distance** is calculated by multiplying the **speed** with the **time** taken.



Example:

A mini-bus travelled for 3 hours at a speed of 90km/hr. What distance did it cover?

$$\begin{aligned}d &= s \times t \\ &= 90\text{km/hr} \times 3\text{hr} \\ &= \underline{270\text{km}}\end{aligned}$$

The mini-bus covered a distance of 270km.

Activity

1. What distance will a jet plane with a speed of 1200 miles per hour cover in 6 hours?
2. A dog ran for 45 minutes at a speed of 15 metres per minute. What distance did it cover?
3. An ambulance travelling at 100km/hr will cover what distance in 3 hours?

2036 PENANG SANGAM PRIMARY SCHOOL
YEAR 7
HEALTHY LIVING
WORKSHEET 19

Strand	Personal and Community Health
Sub Strand	People and Food
Content Learning Outcome	Recognise the need for nutritious food.

Nutrients in Food

1. An essential nutrient is a nutrient that the body cannot synthesize on its own but must be provided by the diet. These nutrients are necessary for the body to function properly.
2. The six essential nutrients are carbohydrates, protein, fat, vitamins, minerals and water.

Nutrients	Importance	Examples/ Source
Carbohydrates	- <u>Main energy source for the brain.</u> - Without carbohydrates, the body will not function properly.	Cassava, dalo, yam, breadfruit, kumala, bread, cereal, peas etc.
Protein	- Is the major structural component of cells and is <u>responsible for the building and repair of body tissues.</u> - Protein is broken down into amino acids, which are building blocks of protein.	Eggs, almonds, oats, cottage cheese, milk, tuna, fish, nuts, beans, etc.
Fats	- Is an energy source, when consumed, <u>increases the absorption of fat-soluble vitamins including vitamins A, D, E and K.</u>	Lamb, tin mutton, pork, sausages, butter, ghee,
Vitamin C	Is <u>necessary for the structure of blood vessels, bone and ligaments.</u>	Citrus fruits, strawberries, pineapple, lime, kiwi fruit, oranges, guava, tomatoes, etc.
Minerals	- <u>Sodium helps to maintain fluid volume outside of the cells and helps cells to function normally.</u> - <u>Potassium maintains fluid volume inside and outside of cells and prevents the excess rise of blood pressure with increased sodium intake.</u> - <u>Calcium helps to maintain and build strong bones and teeth.</u>	Sodium – salt, canned meat, frozen pizza, carrots, etc. Potassium - dried fruits, beans, lentils, potatoes, avocado, bananas, etc. Calcium - milk, cheese, yoghurt and other dairy foods.
Water	- <u>Helps to maintain homeostasis in the body and transports nutrients to cells.</u> - Water also <u>assists in removing waste products from the body.</u> - Adults should consume 25 to 35 milliliters of fluids per kilogram body weight or 2 to 3 liters per day.	

Activity

Answer the following questions.

1. Carbohydrates are the main _____ source for the brain.
2. _____ is responsible for building and repair of body tissues.
3. _____ increase the absorption of fat-soluble vitamins including vitamins A, D, E and K.
4. _____ is necessary for the structure of blood vessels, bones and ligaments.
5. Calcium helps to _____.
6. _____ 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 ।

समय का सदुपयोग

समय मनुष्य जीवन का अमूल्य धन है । समय को खोना जीवन को खोना है । जीवन का बीता समय हम वापस नहीं पा सकते इसलिए समय के प्रत्येक क्षण का सदुपयोग करना ज़रूरी है । समय का दुरुपयोग मनुष्य के लिए घातक, उन्नति में बाधक तथा पश्चाताप का कारण बनता है । समय का दुरुपयोग करने वाला व्यक्ति कभी सफल नहीं हो सकता । जीवन में सफलता प्राप्त करने के लिए समय के महत्व को समझना और इसका सदुपयोग करना अत्यंत आवश्यक है । दुनिया के सभी महान व्यक्तियों की सफलता का रहस्य समय का सदुपयोग ही है । समय को नष्ट करने वाला अपना पूरा भविष्य ही बिगाड़ लेता है । समय का सदुपयोग करने वाला व्यक्ति सदा प्रसन्न, संतुष्ट और संपन्न रहता है । समय बड़ा बलवान है । एक मिनट में ही हार या जीत का फैसला हो जाता है । गया धन, गया जन और गया स्वास्थ्य फिर लौट सकता है लेकिन गया हुआ समय किसी भी प्रकार वापस नहीं लौट सकता । वैक्तिक जीवन हो या सामाजिक, समय का सदुपयोग ही सफलता का एकमात्र रास्ता है । जो मनुष्य समय का आचरण करता है, वही समाज में इज्जत पाता है ।

अभ्यास

नीचे दिए गए प्रश्नों का जवाब पूरे वाक्य में लिखो।

१. समय क्या है ?

२. दुनिया के महान व्यक्तियों की सफलता का रहस्य क्या है ?

३. किस तरह का व्यक्ति अपना भविष्य बिगाड़ लेता है ?

४. समय का सदुपयोग करने से क्या होगा ?

५. इस पाठ से हमें क्या सीख मिलती है ?

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

Our Rules, Rights and Responsibilities

Citizenship: Rules, Rights and Responsibilities

1. A citizen is a member of a nation or state.
2. Citizens have rights and responsibilities.
3. Being a good citizen means following rules, being respectful, responsible and helping others.

	Rules	Rights	Responsibilities
At home	Families set their own rules for the protection and wellbeing of each member of the family.	Children have the right to basic needs, e.g. food, shelter and clothing. They have the right to live in a safe home where they are protected and can receive love, comfort and care.	Being a responsible member means knowing and following family rules.
Community, State or Nation	Everyone has to follow rules and obey laws. Laws give fairness and protect the health and safety of people.	All people are given certain rights by the country's Constitutions Bill of Rights that cannot be taken away.	Being informed citizen about our government and community is an important responsibility. Voting in election is one responsibility of a good citizen. Volunteering to help in the community is another example of being a good citizen.

Activity

Answer the following questions.

1. What is your citizenship?
2. What rights do children have at home?
3. As an individual in your community, what are your responsibilities?

2036 PENANG SANGAM PRIMARY SCHOOL
YEAR 7
VOSA VAKAVITI
WORKSHEET 19

Strand: Na Veika Vakaviti

Sub Strand: Vukici ni veiyatuvosa

CLO: Ni na oti na nodra cakacaka era sa na vukica na veiyatuvosa kina lewe rua, lewe tolu se lewe levu.

- **Lewe dua** – Au, Mo
- **Lewe rua** – Keirau , E rau, O rau
- **Lewe tolu** – Keitou , E ratou
- **Lewe levu** – Keimami , E ra, O ira

Cakacaka Lavaki

Vukica na I yatuvosa e ra me ganita na ka e vinakati.

a.) Au sa laki cavu dalo mai. (Vukica me lewe tolu)

_____.

b. Keirau sa laki se duruka mai. (Vukica me lewe levu)

_____.

c.) E ra sa kauta na nodra isulu ki wai. (Vukica me lewe rua)

_____.

d.) Au sa laki siwa kequ ika mai. (Vukica me lewe levu)

_____.

e.) Keimami sa laki cavu tavioka me keimami ivakayakavi.(Vukica me lewe tolu)

_____.

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.

Sound, Matter and Vacuum

1. Sound travels faster at different speed through solids, liquids and gases.
2. Sound cannot travel through vacuum (empty space without air).
3. When sound meets a solid, some of the sound is reflected and the rest is absorbed.
4. Sound waves travel faster and effectively in liquids than in air.
5. In theatres and recording studios, people have thick curtains and walls so that sound can be absorbed.
6. Standing and shouting in a tunnel or a cave or from a mountain side, we might hear the sound of own voice reflecting back.
7. This is called an **echo**.

Activity

Answer the following questions.

1. Does sound travel through solids?
2. What is vacuum?
3. Why can't sound travel through vacuum?
4. Why do theatres have thick curtains?
5. What is an echo?