

**2034 NANUKU SANGAM SCHOOL
NEW TERM RE-ALIGNED
WORKSHEET 12 -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

WHY SHOULD WE RECYCLE?



Recycling is a very important thing to do in our modern world and everybody should do it. Many millions of tons of waste are dumped in landfills every year. As much as 80 percent of this can be recycled. Natural resources such as forests and oil supplies will run out if we don't recycle. If we recycle we are helping our planet by reusing things more than once.

Recycling can save energy. We use a lot of energy to make metals like aluminium and steel. The fuel used to make 1 aluminium can, could be used to make lots of recycled cans. This is because we have to mine raw materials from the ground, transport them and then melt them to make new cans.

Recycling can save money. By recycling things like glass, plastics and paper we are saving money on the cost of producing new products made from raw materials. Recycling allows us to continually use the same materials for the same purpose. For example, glass is made into bottles over and over again. Recycling cuts down on pollution. Many new items are made into factories which pollute our air and water.

If we follow three simple rules – reduce, re-use, and recycle – we will help our planet by using less, reusing what we already have and recycling waste materials. Be smart and save our planet, follow the 3R's..... reduce, reuse and recycle.

ACTIVITY:

PART A: Answer these questions using complete sentences.

1. Why is recycling important?

2. In a year how much can we recycle?

3. What do we use metals for?

4. How can you help our planet?

5. What does recycling reduce?

PART B: Complete the sentences given below.

1. Many millions of tons of waste are dumped in landfills every year.

2. Natural resources such as _____

3. If we recycle we are helping our _____

4. Recycling allows us to continually use the same _____

5. Recycling cuts down _____

6. Many new items are made into factories _____

7. Be smart and save our planet, _____

**2034 NANUKU SANGAM SCHOOL
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Subject: Mathematics

Year: 7

Name: _____

STRAND – Measurement

SUB – STRAND: Mass / Weight

CLO: Explore and explain standard units to convert grams to kilograms and to solve problems.

LESSON NOTES:

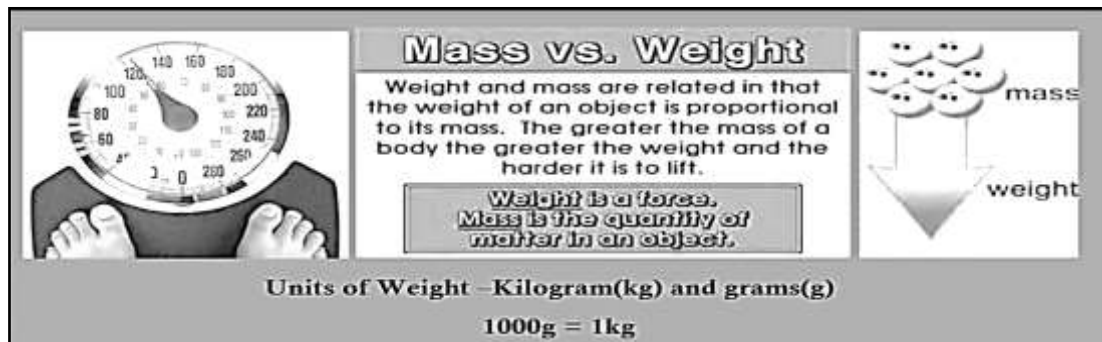
Mass

Mass is a basic property of matter and is measured in kilograms. The mass of any object is constant. A 15-gram stone is 15 grams, whether measured on the Earth, the Moon, or Mars. **The standard unit for measuring mass is the kilogram (kg)**, but smaller masses may be measured in **grams (g)**. To measure mass, you would use a balance.

Weight

The weight of an object is the force acting on the object due to gravity. The standard unit of measurement for weight is that of force, the **newton**. For example, an object with a mass of one kilogram has a weight of about 9.8 Newtons on the surface of the Earth, and about 1.63 Newtons on the Moon.

Although weight and mass are scientifically distinct quantities, the terms are often weight in pounds to mass in kilograms and vice versa).



To convert Kg to grams – multiply by 1000

Eg. 7.8kg = _____ g

$$\text{Kg} \times 1000 = \text{g}$$

$$7.8\text{kg} \times 1000 = 7.8 \text{ 0 0.}$$

(shift decimal to the right)

So the answer is **7800 grams**

To convert grams to Kg – divide by 1000

Eg. 6054 g = _____ kg

$$\text{g} \div 1000 = \text{kg}$$

$$6054 \div 1000 = \frac{6054}{1000} = 6.054.$$

(shift decimal to the left)

So the answer is **6.054 kg**

ACTIVITY:

1. Convert the following weights.

a) $1\ 001\text{g} = \underline{\hspace{2cm}}\ \text{kg}$

d) $83.021\text{kg} = \underline{\hspace{2cm}}\ \text{g}$

b) $60.15\text{kg} = \underline{\hspace{2cm}}\ \text{g}$

e) $40\ 050\text{g} = \underline{\hspace{2cm}}\ \text{kg}$

c) $0.325\text{kg} = \underline{\hspace{2cm}}\ \text{g}$

f) $43\text{g} = \underline{\hspace{2cm}}\ \text{kg}$

2. Mrs. Roko bought 10kg of sugar. She used $\frac{1}{4}$ of it to make cake, $\frac{3}{8}$ to make juice.

a) Calculate the amount of sugar used to make cake.

Ans:

b) What amount of sugar was used to make juice?

Ans:

c) How much sugar was left?

Ans:

3. Mr. Josefa weighs 86kg and his eldest daughter weighs 43.75kg. What is the difference in their weight?

Ans:

4. Jope picked 240 kg of tomatoes from his farm. He packed the remainder in 100 boxes to be sold in the supermarket. Find out the weight of each box.

Ans:

**2034 NANUKU SANGAM SCHOOL
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WORKSHEET 12 -2021**

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

STRAND: Safety

SUB-STRAND: Personal Safety

CLO: Recognize the ways of dealing with unsafe and emergency situations.

Determine the strategies of dealing with substance, physical and emotional abuse.

LESSON NOTES:

Substance Abuse - also known as drug abuse, it is the use of a drug in amounts or by methods which are harmful to the individual or others.

Physical Abuse - is any intentional act causing injury or trauma to another person or animal by way of bodily contact.

Emotional Abuse - is a way to control another person by using emotions to criticize, embarrass, shame, blame, or otherwise manipulate another person.

Dealing With Substance Abuse	Dealing With Physical Abuse	Dealing With Emotional Abuse
<ul style="list-style-type: none"> • Detoxification. Usually the first step is to purge your body of drugs and manage withdrawal symptoms. • Behavioural counselling. Therapy can help you identify the root causes of your drug use, repair your relationships, and learn healthier coping skills. • Medication may be used to manage withdrawal symptoms, prevent relapse, or treat any co-occurring mental health condition such as depression or anxiety. • Long-term follow-up can help to prevent relapse and maintain sobriety. 	<ul style="list-style-type: none"> • Get away from the abuser. If you are in immediate danger, start by getting away from the abuser. • Call a helpline. There are many helplines set up to help those dealing with physical abuse and domestic violence. • Talk to a mentor or a teacher. You may be more comfortable with speaking to a mentor in your community or to a teacher at school about the physical abuse. • Look for a therapist or counsellor in your area. Survivors of physical abuse can find professional therapy and counselling helpful. 	<ul style="list-style-type: none"> • Be aware of the signs of emotional abuse. Emotional abuse functions to make you feel small and strip you of your independence and self-worth. • Reach out for support. Confide in friends and family and ask for their support. • Take care of yourself. Don't let them get in your head. Remind yourself that the abuse was not your fault. • Get some professional help. Find a mental health professional who can help you work through the situation.

ACTIVITY:

1. Name **two** types of illicit drugs in Fiji.

Marijuana / methamphetamine (ice)

2. Discuss **two** ways of dealing with substance abuse.

3. What are **two** ways in which people inflict physical abuse?

4. Discuss **two** ways of dealing with physical abuse.

5. Define '**emotional abuse**' in your words.

6. Discuss **two** ways of dealing with emotional abuse.

7. State **two** ways of assisting an emotionally abused victim.

**2034 NANUKU SANGAM SCHOOL
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WORKSHEET 12 -2021**

Subject: Hindi

Year: 7

Name: _____

STRAND:	H2 – पढ़ना एवं सर्वेक्षण करना
SUB STRAND:	H2.3 – सामाजिक व सांस्कृतिक सवभं पारोस्थान्तया□
CONTENT LEARNING OUTCOME:	H2.3.1 वर्णन करना कि विशिष्ट उददेश्य व दर्शको के लिए विध्य कैसे निर्मित होते हैं तथा पहचानना कि पाठ में सांस्कृतिक व धार्मिक मूल्य□नोभाव व विश्वास कैसे प्रस्तुत होते हैं।

LESSON NOTES:

बडे घर की बेटी

सारांश (summary)

बेनीमाधव गौरीपुर गाँव के जमींदार थे। बेनी माधव के दो पुत्र है श्रीकंठ और लालबिहारी सिंह। श्रीकंठ दुबले – पतले शरीर के हैं, और ठीक उसके विपरीत लालबिहारी पहलवान शरीर के है।
श्रीकंठ एक कार्यशाला में काम करते हैं। उनकी पत्नी आनंदी एक उच्चकुल की लड़की है। लालबिहारी जो एक पहलवान शरीर का है एक दिन भोजन में घी की मात्रा कम होने के कारण वह आनंदी से झगड़ पड़ता है। बात ही बात में वह आनंदी के सर पर खड़ाऊं मार देता है। आनंदी श्रीकंठ के लौटने का इंतज़ार करती है। जब श्रीकंठ को यह सब पता चलता है तो वह बहुत गुस्से में हो जाता है और यह भी कह देता है की इस घर चाहे हम रहे या फिर लालबिहारी। अपने बड़े भाई की बात सुन कर लालबिहारी खुद घर से चला जाना चाहता है, लेकिन आनंदी दोनों भाइयों को समझाती है और एक घर को टूटने से बचा लेती है।

अभ्यास

इन प्रश्नों के उत्तर पूरे वाक्य में लिखो

१. बेनीमाधव कहाँ के ज़मींदार थे ?

२. गाँव के ज़मींदार के पास में कितने पुत्र थे ?

३. आनंदी किसकी पत्नी थी ?

४. श्रीकंठ कहाँ पर काम करता था ?

५. लालबिहारी कैसे स्वभाव के व्यक्ति है ?

नीचे दिए गए शब्दों के विलोम शब्द (opposites) पाठ में से चुनकर लिखिए।

1 कुरूप - रूप

2 एकांत - _____

3 बुरी - _____

4 गन्दगी - _____

5 शान्ति - _____

**2034 NANUKU SANGAM SCHOOL
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Subject: Social Science

Year: 7

Name: _____

Strand: Resources and Economic Activities

Sub- Strand: Use and Management of Resources

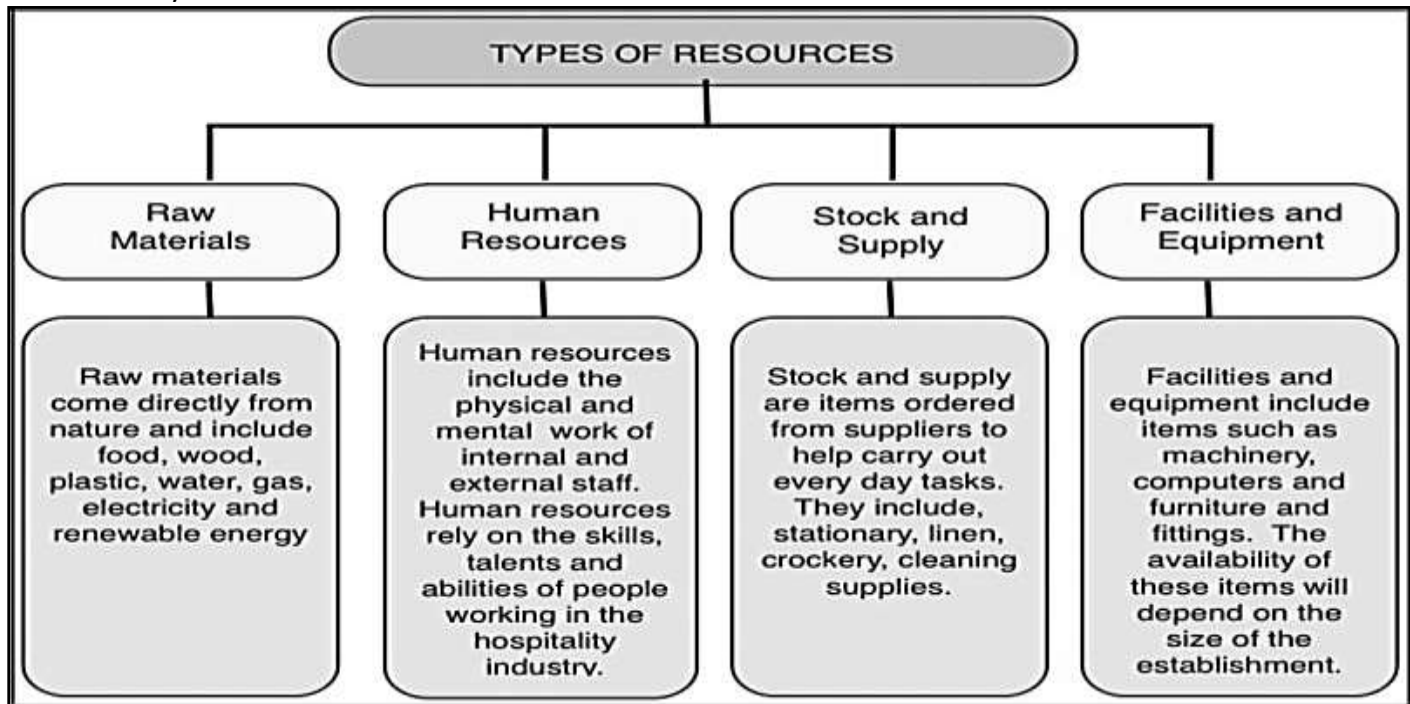
CLO:. Investigate resources of the Pacific and express how these resources have helped in the development of the countries.

LESSON NOTES: RESOURCES

A **resource** is something that provides the means to satisfy the needs and wants of an individual, family, community or society. We have different ideas about our resources and that will depend on our cultures and where we live.

Different Types of Resources in the Pacific

In the Pacific Islands, we have traditional resources which contribute to our identity, wealth and community wellbeing. Some resources are owned individually while majority of these resources are owned by tribes and clans.



ACTIVITY:

1. Define resource:

2. Give **two** examples of specialized human resources.

3. Discuss **two** examples of human resources.

4. Stationary, linen and crockery are examples of which type of resources.

5. List down at least **five** resources that are common to all the Pacific countries.

6. List the four types of resources.

7. State some of the ways you can conserve resources.

8. Why should we use all resources wisely?

**2034 NANUKU SANGAM SCHOOL
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Subject: Basic Science

Year: 7

Name: _____

STRAND: Energy

SUB-STRAND: Energy Transformation, Use and Conservation

CLO: Explore the different forms of energy and their uses and discuss conservation of renewable and non-renewable energy sources.

LESSON NOTES:

Energy Transformation, Use and Conservation

Energy Transformation – is defined as the process of changing energy from one form to another.

Uses of Energy – include watching television, washing clothes, heating and lighting the home, taking a shower, working from home on your laptop or computer, running appliances and cooking.

Energy Conservation

1. Turn off unnecessary lights.	2. Use natural light.
3. Take shorter showers.	4. Unplug unused electronics.
5. Turn water off when washing hands, brushing teeth, etc.	6. Use natural ventilation instead of fans and air conditioners.
7. Use renewable energy sources.	8. Minimize the use of electrical appliances for cooking.

ACTIVITY:

1. **Write either TRUE or FALSE for each of the following.**

a) Home electricity bill can be less if you keep all your lights on all night.

b) Cooking gas is renewable energy. _____

c) The more electrical appliances used at home the less energy consumed.

d) Fuels used by machines cause pollution and health risks.

e) Energy eaters at school can use less energy if we maintain them sensibly.

2. **Write the correct answers.**

(i) Turn off the _____ when you leave a room.

(ii) Turn off the _____ when no one is watching.

(iii) Decide what you want, then _____ the refrigerator door.

(iv) Hang _____ to dry, in the sun.

(v) Wear warm clothes on _____ days.

(vi) During hot weather open doors and _____ to let the cool breeze inside.

(vii) During cold weather close the windows and _____ to keep the cold out.

(viii) Turn off dripping _____ to save water.

(ix) Walk or ride your _____ instead of using your car.

(x) Open curtains and blinds during the _____ to use light from the window.

2034 NANUKU SANGAM SCHOOL
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WORKSHEET 12

LESSON NOTES [SUBJECT]: NA VOSA VAKAVITI

YEAR / LEVEL: 7

NAME: _____

LESONI:	Na vosa vaka itaukei ena ika vitu kei na ika walu ni yabaki
YACA NI MATANA:	Vakarorogo kei na cavuti ni vosa
NANAMAKI NI MATANA:	Matanataka na itovo kilikili ni vakarorogo kei na itovo veiganiti ni veivosaki.

LESSON NOTES:

Vakamacala eso me wiliki.

1. i sau-na kau ka sivi vakamomoto e dua na muana me dau keli kina na qara me tei kina na dalo, ka dau vakayagataki tale ga e na cavu dalo
2. vuci- na vanua suasua e dau tei kina na dalo
3. sakosako-dua na mataqali vakalolo
4. liga bula-tamata dau teitei ka bula na ka kece ga e tea.
5. Ni **boko na matadravu** e vakaraitaki ni sega na yalewa e tu me vakasaqa.
6. Ni **moce i dravu na koli** e vakaraitaki ni sega ni dau vakayagataki na matadravu koya e na vakasaqa.

Wirina na matanivola ni sau ni taro ko sa digitaka.

1. E rau veicavani ko Adriu kei Jolame? E rau

- A. veibuni. B. veitacini C. veitamani D. veitavaleni

2. Ni dua e **deguvacu**, kata buto ena i matai ni i yatu, e vakayagataka na,

- A. ucuna. B. ligana. C. uluna. D. matana.

3. Na mata vosa na, **qara ni i lau** ena i ka 8 ni i yatu , ena tei kina na

- A. uvi. B. dalo. C. tivoli. D. tavioka.

4. A cava na vu ni **tara bewa** ni nodratou marau?

- A. Sa lau oti na vuci. C. Ni tu ga na co e loma ni vuci.
B. Sa taba oti na vuci. D. Ni rau sa kila na veimataqali dalo

5. Na i vosavosa na **cobaraka na ligadrau** ki na qele e i balebale vata kei na

- A. dredre kubukubu. C. kena kilai na veimataqali vavai.
B. cobaraka na i sau ki na qele. D. nodrau sa tara ka kila na teitei.

6. Na **sakosako** e dua na mataqali

- A. ika. B. vavai. C. vakalolo. D. manumanu.

7. E vica taucoko na veimataqali vavai e talanoataki eke?

- A. 4 B. 10 C. 11 D. 14