

Foundation Programme
in Literacy, Numeracy and Skills
(FPLNS)

现代汉语
MODERN CHINESE

GRADE 7

Student's Workbook

Theme 1: Me
Know Myself

MAHATMA GANDHI INSTITUTE
under the aegis of
MINISTRY OF EDUCATION AND HUMAN RESOURCE
Republic of Mauritius

2026



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Guide to Educators

Learning Outcomes

- Recognise words related to self.
- Name the days of the week and the different body parts.
- Read words and sentences with correct pronunciation.
- Speak about themselves with confidence.

Activities

- Listen and repeat.
- Read the vocabulary words.
- Draw and label your family tree.
- Draw/paste your picture and speak about yourself.
- Spell and read aloud.
- Matching.
- Read and match the sentences.
- Read and label the body parts.
- Introduce yourself.

Other Proposed Activities

- My handprint activity (Trace your hand on paper and on each finger write something about yourself).
- Identity collage (Cut pictures of the things you like from the magazine and paste them to create a collage called 'This is me').
- Guess who? (The students write 3 unique facts about themselves on a card. Other guess who it is.)

Additional Resources

- Alphabet charts.
- Flashcards with images.
- Audios and videos.
- Glue and scissors.

Portfolio Assessment

- Skills-based assessments.

Activity 1: Listen and repeat.

Listening and Reading Activities:

- The Educator reads and explains the poem.
- The students recite the poem repeatedly.

我赞美我自己，
歌唱我自己，
我所讲的一切，
将对你们也一样适用。

我在这里生长，
我的父母在这里生长，
他们的爷爷奶奶
也同样在这里生长。

我十几岁了，
身体相当健康，
我认为应该享受
每一分钟的快乐时光。

我是个乐观的小孩，
我只有快乐，
才会感到阳光是那么灿烂，
蓝天是那么的晴朗。

追求快乐的人是不断争取的，
希望在每一天里，
我可以选择开开心心地过！

Wǒ zànměi wǒ zìjǐ,
gēchàng wǒ zìjǐ,
wǒ suǒ jiǎng de yīqiè,
jiāng duì nǐmen yě yīyàng shìyòng.

Wǒ zài zhèlǐ shēngzhǎng,
wǒ de fùmǔ zài zhèlǐ shēngzhǎng,
tāmen de yéye nǎinai
yě tóngyàng zài zhèlǐ shēngzhǎng.

Wǒ shí jǐ suì le,
shēntǐ xiāngdāng jiànkāng,
wǒ rènwéi yīnggāi xiǎngshòu
měi yī fēnzhōng de kuàilè shíguāng.

Wǒ shì gè lèguān de xiǎohái,
wǒ zhǐyǒu kuàilè,
cái huì gǎndào yángguāng shì nàme cànlan,
lántiān shì nàme de qínglǎng.

Zhuīqiú kuàilè de rén shì bùduàn zhēngqǔ de,
xīwàng zài měi yī tiān lǐ, wǒ kěyǐ xuǎnzé
kāikāixīnxīn de guò!

Other similar resources are available through the following links:

<https://www.youtube.com/watch?v=vkT8e-udkGY>

<https://www.youtube.com/watch?v=utNfVbfX8bs>

Activity 2: Read the vocabulary words.

Reading Activity:

The Educator:

- reads and explains the words with emphasis on the alphabets.
- helps the students to read with proper pronunciation.

名字	míng+zì	=míngzì
地址	dì+zhǐ	=dìzhǐ
父母	fù+mǔ	=fùmǔ
家庭	jiā+tíng	=jiātíng
家	jiā	=jiā
学校	xué+xiào	=xuéxiào
乡村	xiāng+cūn	=xiāngcūn
城市	chéng+shì	=chéngshì
国家	guó+jiā	=guójiā

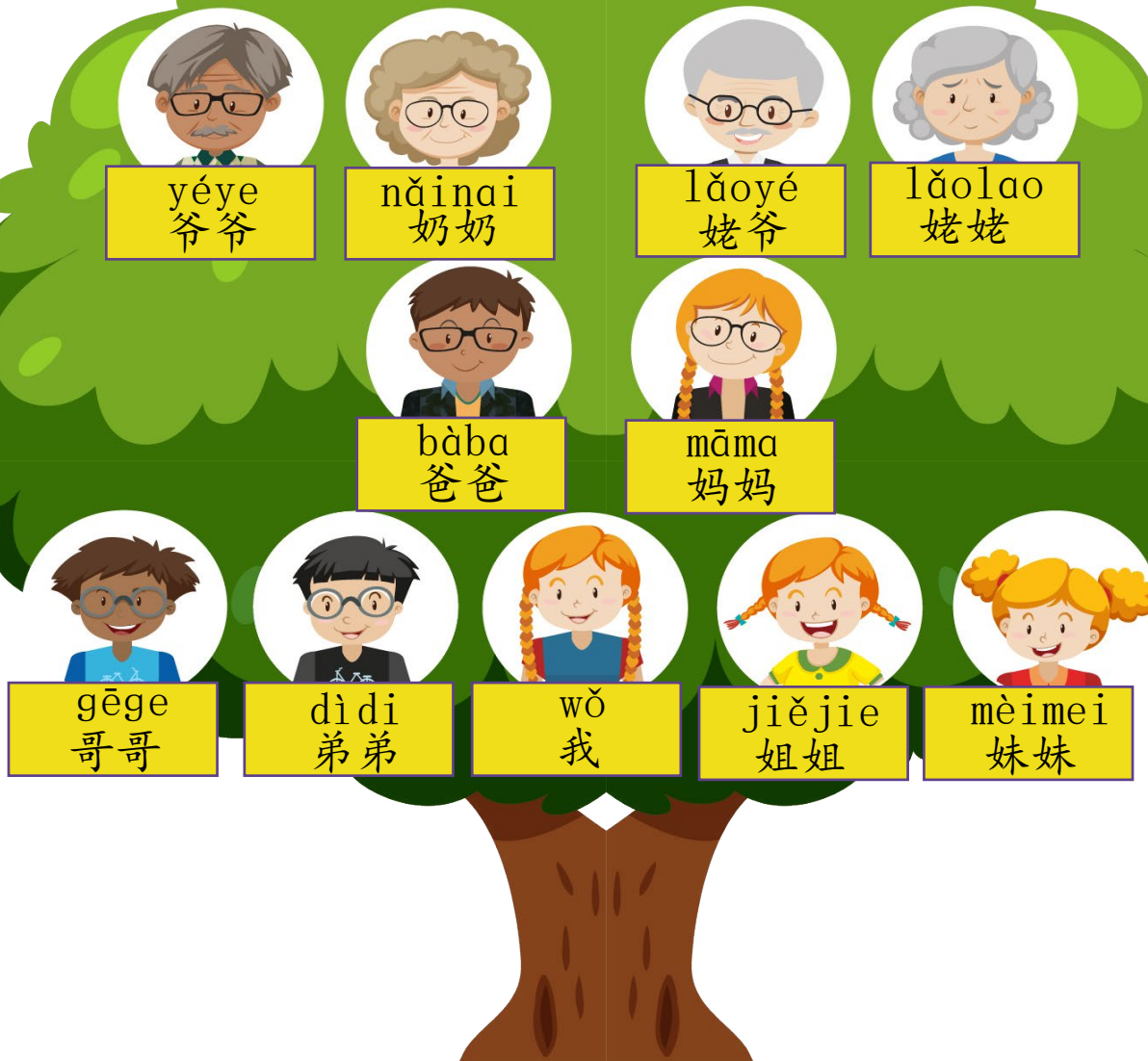
Activity 3: Draw and label your family tree.

Reading and Writing Activities:

With the help of the Educator, the students:

- study and read the provided family tree.
- draw and label their family tree.

Family Tree





Draw and label your family tree here.



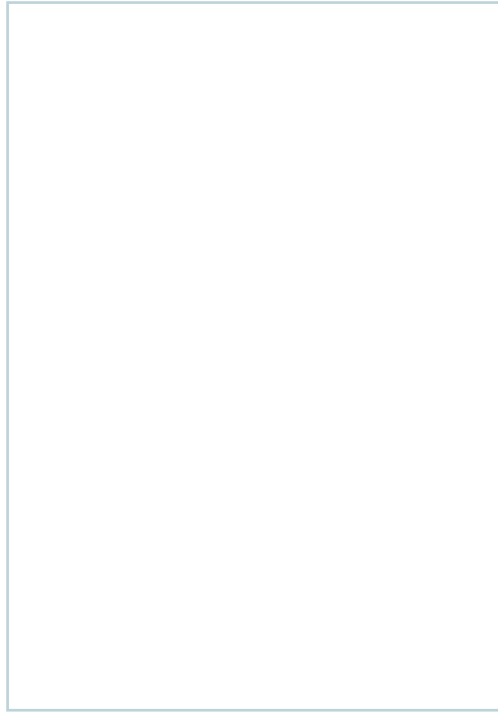
A large, empty rectangular box with a thin blue border, intended for drawing and labeling a family tree.

Activity 4: Draw/paste your picture and speak about yourself.

Speaking Activity:

The students:

- draw or paste a picture of themselves.
- talk about themselves based on the given prompts.



1. 你叫什么名字? Nǐ jiào shénme míngzì?
2. 你多大了? Nǐ duōdà le?
3. 你什么时候出生的? Nǐ shénme shíhou chūshēng de?
4. 你住在哪儿? Nǐ zhù zài nǎr?
5. 你有几个哥哥弟弟? Nǐ yǒu jǐ gè gēge dìdì?
6. 你有几个姐姐妹妹? Nǐ yǒu jǐ gè jiějie mèimei?

Activity 5: Spell and read aloud.

Listening and Reading Activities:

- The Educator reads aloud the words/phrases laying emphasis on the alphabets.
- The students listen and repeat several times.



做饭

zuòfàn



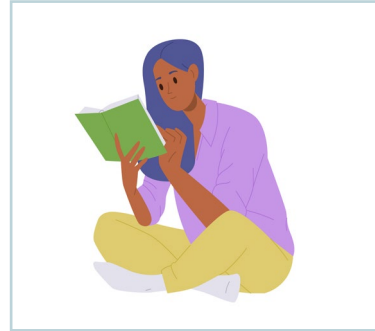
骑自行车

qí zìxíngchē



踢足球

tī zúqiú



看书

kànshū



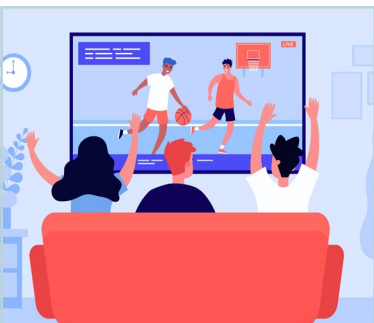
唱歌

chàngē



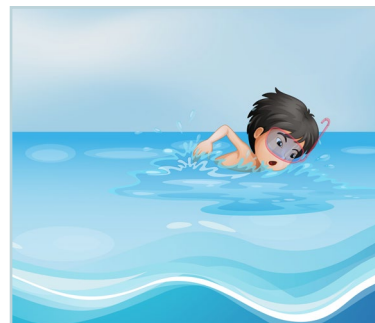
跳舞

tiàowǔ



看电视

kàn diànshì



游泳

yóuyǒng

Activity 6: Matching.

Reading Activity:

The students read the sentences with the help of the Educator and match the sentences with the appropriate pictures.

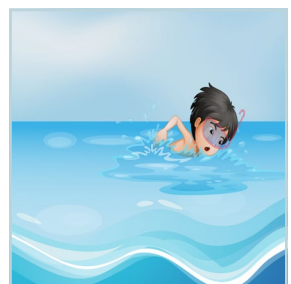
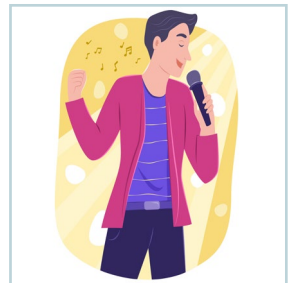
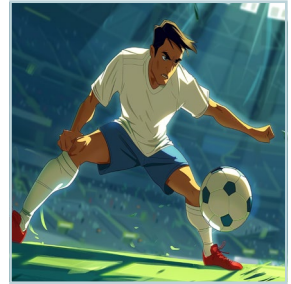
1. 妈妈给植物浇水。

2. 我在海里游泳。

3. 哥哥踢足球。

4. 妹妹画了一只猫。

5. 爸爸唱了一首歌。



Activity 7: Read and match the sentences.

Listening and Reading Activities:

- The Educator reads and explains the days of the week and the daily activities related to them.
- The students listen, repeat and match the sentences.

Days of the week	
Monday	星期一
Tuesday	星期二
Wednesday	星期三
Thursday	星期四
Friday	星期五
Saturday	星期六
Sunday	星期天/星期日

The Educator may access the audio-visual version of the song through this link:

https://www.youtube.com/watch?v=_rzd4qp-DXg

1. 星期一我踢足球。
2. 星期二我给植物浇水。
3. 星期三我洗碗。
4. 星期四我切菜。
5. 星期五我打扫房子。
6. 星期六我和家人出去玩。
7. 星期天我在家休息。

Matching

Column A	Column B
星期一	我给植物浇水。
星期二	我打扫房子。
星期三	我切菜。
星期四	我在家休息。
星期五	我和家人出去玩。
星期六	我洗碗。
星期天	我踢足球。

Activity 8: Read and label the body parts.

Reading Activity:

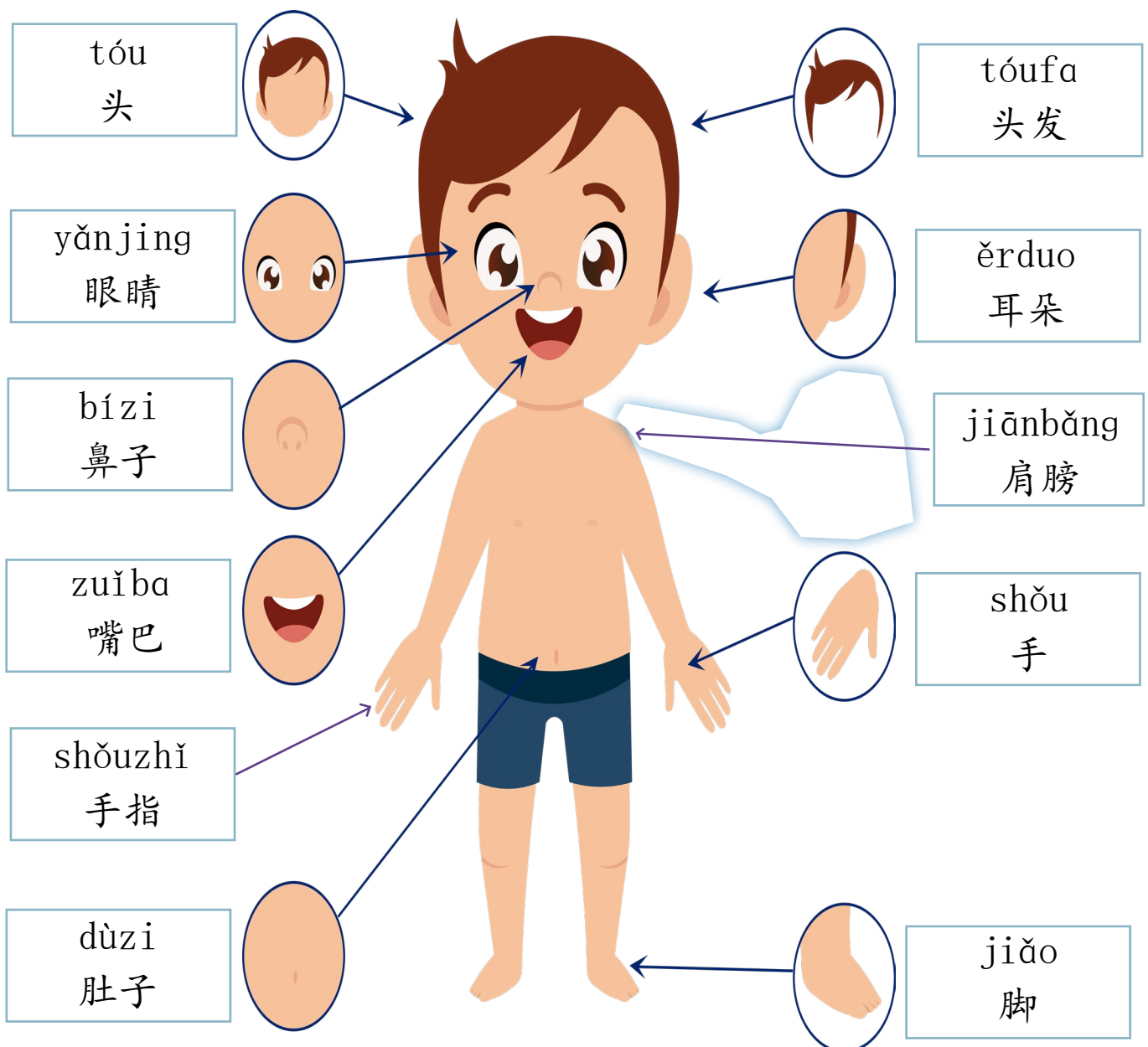
The students:

- read the words related to body parts several times with emphasis on the alphabets.
- cut the words and paste them accordingly.

The Educator may access the audio-visual version of the song through these links:

<https://www.youtube.com/watch?v=T8AFKpKJLvs>

<https://www.youtube.com/watch?v=XA8KdcuedRA>





jiānbǎng

肩膀



dùzi

肚子



yǎnjīng

眼睛



jiǎo

脚



bízi

鼻子



tóu

头



tóufa

头发



ěrduo

耳朵



shǒu

手



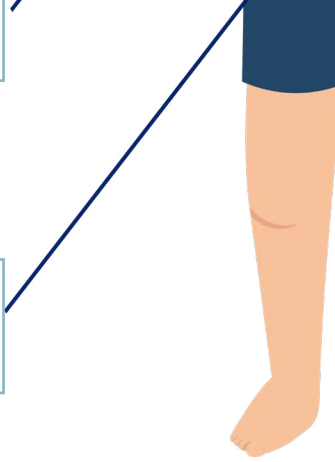
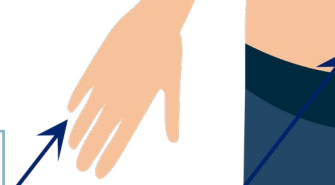
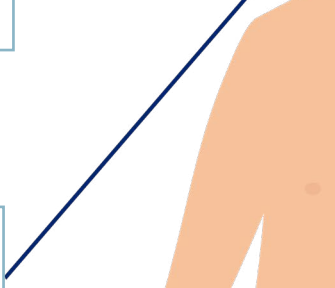
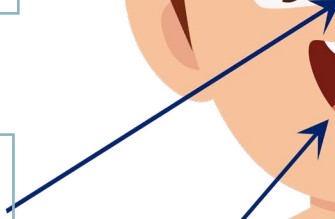
zuǐba

嘴巴



shǒuzhǐ

手指



Activity 9: Introduce yourself.



Reading and Speaking Activities:

- The Educator reads and explains the text on self-introduction to the students.
- The students repeat after the Educator and introduce themselves.

你好！我叫美丽。我十二岁了。我上七年级。我住在乡村/城镇/城市。我喜欢看书。我有很多朋友。谢谢！

你好！我叫_____。我_____岁了。我上_____
年级。我住在_____。我喜欢_____。我有很多_____。
谢谢！