

Area of triangle $=1 / 2 b^{*} c^{*} \sin A$, therefore (Area PBQ/Area ABC) $=5^{*} 2 / 7^{*} 7=10 / 49$, because $1 / 2$ and $\operatorname{sinPBQ}$ was reduced. We compute the areas of anothers triangles.
(Area CQR/Area ABC) $=5 * 2 / 7^{*} 7=10 / 49$
(Area APR/Area $A B C)=5^{*} 2 / 7^{*} 7=10 / 49$, therefore, (Area PQR/Area ABC) $=1$ -
$(10 / 49+10 / 49+10 / 49)=19 / 49-$ ratio of the areas of the triangle $A B C$ and triangle PQR.
Answer: 19/49

