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A continent is one of several very large landmasses of the world. Generally identified by convention rather than any strict criteria, up to seven regions are commonly regarded as continents. Christine Dell'Amore, environment writer/editor for National Geographic News, has reported from six continents, including Antarctica. She has also written for Smithsonian magazine and the Washington Post. The 7 Continents make up the largest landmasses on the planet earth including Asia, Africa, North America, South America, Europe, Australia and Antarctica. The 7 continents of the world are North America, South America, Antarctica, Europe, Asia, Africa, and Australia. The 5 oceans of the world are the Atlantic Ocean, the Indian Ocean, the Pacific Ocean, the Southern Ocean, and the Arctic Ocean.