HINT FOR DIAMOND LATTICE PACKING FRACTION (PF):

There 2 interpenetrating FCCs for diamond lattice, displaced by a/4. To find the nearest neighbor, use a cube of size a/2 x a/2, in the center of which lies a Si atom. Now draw a diagram of this cube showing a triangle for the center atom that has these sides: a/4, $a\sqrt{2}/4$, x. Use x=2r, and from knowing r we can now find PF.