Solve the task:

$$(-\frac{7}{20}) * \frac{5}{28} : (-\frac{2}{16})$$

Solution of this task can be divided into parts.
In this case, there are only two arithmetic operations - multiplication and division. The priority of performing these operations is the same, so we will perform the calculations in the order of writing in the task (from left to right):

1) $(-\frac{7}{20}) * \frac{5}{28} = (-\frac{1}{20}) * \frac{5}{4} = (-\frac{1}{4}) * \frac{1}{4} = -\frac{1}{16}$

The division into a fraction is the multiplication by the same inverted fraction:

2) $\left(-\frac{1}{16}\right) : (-\frac{2}{16}) = \left(-\frac{1}{16}\right) * (-\frac{16}{2}) = \frac{1}{2}$

Answer: $\mathbf{\frac{1}{2}}$