

## **ASSIGNMENT**

1. List the photochemical present in ginger
2. Make a chart of medicinal value of turmeric health benefits and put it in school notice board.
3. Try to grow ginger in your garden
4. Explain grandmother medicine for cold
5. Explain your neighbors about medicinal value of ginger
6. Make a list about uses of ginger
7. The Anti-Inflammatory Effects of ginger Can Help With Osteoarthritis
8. Define health benefits of turmeric
9. Go to nearest school ,explain them about grandmother medicine
10. Make a chart of health benefits from both ie ginger and turmeric