

ASSIGNMENT

1. Make a list about uses of ginger
2. The Anti-Inflammatory Effects of ginger Can Help With Osteoarthritis
3. Define health benefits of turmeric
4. Go to nearest school ,explain them about grandmother medicine
5. Make a chart of health benefits from both ie ginger and turmeric
6. Describe the difference between LDL and HDL in terms of cholesterol and protein composition.
7. Discuss with your family members about the main roles of vitamin A in the body? What is an early sign of vitamin A deficiency?
8. Make a chart of the diseases and/or characteristic symptoms of deficiencies of each water-soluble vitamin put it in school notice board.
9. Mention what is oleo-gum-resin and health benefits with eg?
10. Define the Medicinal properties of cloves?
11. Write notes on Coriander and its essential volatile oils
12. Mention the importance and uses of Myristica fragrans